Scooters, Rollerblades & Skateboards

As with any sport, practice is important. Once you've purchased your scooter, rollerblades or skateboard, it's important to take the time to learn how to operate them properly and safely.
Here are some tips:

SCOOTER RIDING, ROLLERBLADING & SKATEBOARDING

1. Always wear your protective gear – helmet, knee and elbow pads, and wrist protection.
2. Never ride at dusk or night.
3. Keep your equipment in proper working order and well-maintained.
4. Master the basics – stopping and turning.
5. Obey all traffic regulations. When on scooters, rollerblades or skateboards, you should consider yourself subject to the same rules of the road as a cyclist or a driver of an automobile.
6. Remain under control at all times.
7. Tricks and stunts come with lots of practice. Don't try any daring moves until you're ready to handle them.
8. Watch out for road hazards.
9. Avoid wet or icy road conditions.
10. Avoid water, oil, and sand.
11. Ride on the right, pass on the left.
12. Always yield to pedestrians.
13. Begin at a speed and at angles that you're comfortable with.
14. Avoid hills and declines when you're first starting out. You can build up speed even on a slight decline, so you should feel confident in your braking ability before you head for the hills.

GEARING UP FOR A SAFE RIDE

Protective equipment helps you feel more confident and relaxed when you're riding or skating…you also look pretty cool, too! Make sure your riding gear is durable and securely fitted.

Here are the essentials:

- **Helmet** – Helps prevent injury to all areas of the head. Must be buckled and fit snugly to be effective. Should be rated or approved by a nationally recognized standard.
- **Knee Pads** – Must be strapped around leg securely so pad does not come off during sliding.
- **Elbow Pads** – Gives protection in sideways falls.
- **Proper Shoes** – Never wear flip-flops or sandals. Sneakers are good, but should be tightly laced at all times.
- **Wrist Protection** – For skaters, wrist protection also is a good idea. When you lose your balance you should try to fall forward. Wrist protection promotes sliding, and distributes the impact.

"Gearing up" mentally before skating, rollerblading or scooter riding is just as important as gearing up physically. Always follow the Rules of the Road!

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