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Roller Skating Safety Tips

In-line and Roller skating can be fun and safe for participants. Adhering to the following protocol can help ensure skaters enjoy the activity free of injuries and accidents.

Follow basic in-line and roller-skating safety standards. Respect safety rules, such as:

- Learn how to brake and stop. Before skating, read up on the safest ways to stop, based on skating ability level, at skatefaq.com. Moves include the wall stop, the brake-pad, and the snowplow.
- Consider encouraging the use of elbow pads, knee pads, and wrist guards to prevent injuries from falls.
- Everyone skates in the same direction.
- Skaters do not stop in the main skating area (when skating in a rink).
- Skaters yield the right-of-way to those already in the rink.
- Skaters do not cut across the paths of other skaters.
- Skaters do not push, shove, or race.
- A falling skater does not grab hold of another skater.
- A fallen skater rises quickly, unless injured.
- Skaters do not skate faster than their ability to stop, and skaters do not wear headphones while skating.
- Loose or sharp articles, such as handbags, combs, and keys are not carried in pockets, hands, hair, or any place where they might cause injury to the skater in the event of a fall or injure another skater by falling to the floor.

Prepare for emergencies. Ensure the presence of a first-aid kit and a first aider with a current certificate in First Aid, including Adult and Child CPR or CPR/AED, who is prepared to handle cases of injury from falls, especially abrasions.

Include Skaters with disabilities. Communicate with Skaters with disabilities and/or their caregivers to assess any needs and accommodations. Learn more about the resources and information that National Center on Accessibility provides to people with disabilities.

Ensure all documentation is in place. Follow the suggestions for risk mitigation on RESIG's Activity Guide.