



# CITY OF PALMDALE

## Skateboarding and In-line Skating

4 SIMPLE STEPS FOR

### SKATING SAFETY



#### 1 PROTECT YOUR HEAD

Always keep your head safe by wearing a helmet. Knee pads, elbow pads and wrist guards are also a good idea.



#### 2 OBEY ALL TRAFFIC LAWS & LIGHTS

If you're skating on the road, obey traffic laws and lights. If you're skating on the sidewalk or on dedicated skate paths you also need to obey the rules.

#### 3 BE OBSERVANT



Whether you are skating on the road, the sidewalk or at a skate rink you need to keep an eye on your surroundings. When you are skating outdoors watch out for traffic, people and obstacles like cracks and holes in the ground. If you're at a skate rink be considerate of other skaters, keep to the side if you are a beginner.

#### 4 CHECK YOUR GEAR

Make sure your skates and protective gear is in safe working order. Check wheels, brakes and straps. Look after your skates by cleaning them after you've used them.



**YOU ARE GOOD TO GO!**

Stay safe

### In-line Skating: Did you know?

A skater has all the rights of a pedestrian and must obey the same rules. If you skate in the street when a sidewalk is not available, the law requires you to use the extreme left-hand edge of the roadway, facing oncoming traffic. Broken arms and sprained wrists are the most common injuries sustained by skaters. Most in-line skating injuries are preventable.

#### REMEMBER:

- ALWAYS wear your protective gear (helmet, pads, wrist guards, gloves).
- Buy skates with a supportive boot and proper fit.
- Each time you skate, safety check your skates.
- Do not hitch rides behind vehicles or bicycles.
- Try not to fall on your hands. Try to roll on your side rather than use your arms.
- Obey all traffic signs and laws.
- Do not wear headphones while skating.
- Skate on a smooth, flat surface.
- Skate during daylight hours.
- Keep your eyes and ears open.



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## **Skateboarding: Did you know?**

More than 80,000 people need hospital emergency room treatment each year for injuries related to skateboarding.

Wrist injury is the number one injury in skateboarding.

Most people walk at about three to four miles per hour while skateboarders travel at speeds well over that.

Irregular riding surfaces account for more than half of the skateboarding injuries caused by falls.

You cannot skateboard on any bridge or highway overpass unless a sidewalk is provided and a sign is posted saying skateboarding is permitted.

Motorized skateboards are illegal for use on highways, sidewalks, bikeways, hiking or recreational trails. Motorized skateboards are legal on private property only.

### **REMEMBER:**

- ALWAYS wear your protective gear (helmet, pads, wrist guards).
- Safety check your skateboard each time you use it.
- Do not hitch rides behind vehicles or bicycles.
- Go slow - skateboards do not have brakes.
- Ride in skateboard parks or in areas away from vehicles and pedestrians. Always respect private and public property.
- Watch out for pebbles, sand, cracks or debris that might jam your wheels.
- Do not jump ramps or do tricks without training and supervision.
- "Park" your board on its end where no one will trip on it.
- Obey all traffic signs and laws.
- Keep your eyes and ears open.