

ACT NOW!

- Check the Caught You Using Your Head family action guide for information about the types of helmets and helmet fitting tips at www.activesafekidsmanitoba.ca.
- Buy a pair of wrist guards at your local sporting goods or skateboard store.
- Get on your wheels and skate together!
- Check for skateboard parks at www.winnipeg.ca or contact your local recreation department.
- Check www.thinkfirst.ca for more skateboarding injury prevention tips.

Other Active & Safe Kids Manitoba Resources

Water Safety
Playground Safety

Ice Skating Safety
Skateboarding Safety



Caught You Using Your Wrist Guards

FAMILY ACTION GUIDE

on roller sport safety

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Funding for this initiative is provided in part by the Public Health Agency of Canada. The views expressed herein do not necessarily represent the views of the Public Health Agency of Canada



ACTIVE!

Keep your kids active this summer riding inline skates and skateboards to summer camp, to the neighbourhood park or just around the block. Where to ride? Manitoba trails, bike paths and parks are visited by many children and their families who are out to explore or just out for a ride. There are also skateparks in many communities for more advanced skaters. Get on your wheels today!

and SAFE!

Head injuries and fractures are the most serious injuries resulting from wheeled sports such as skateboarding and inline skating, and they can be prevented by a helmet, wrist guards, adult supervision, and a few key safety tips. Whether your children are riding inline skates or skateboards, you can **ACT NOW** to prevent head injuries and fractures.

Active & Safe Kids Manitoba Program

This series of family and community action guides were designed by the Active and Safe Kids Manitoba coalition. This program aims to increase the use of protective equipment such as helmets, wrist guards, and lifejackets in children and youth, and to raise awareness about preventing injury during popular recreational activities such as cycling, swimming, playground use and ice skating. This project is funded by the Public Health Agency of Canada.

Wear a Helmet for Every Ride

- ✓Helmets should be worn by children and youth using inline skates and skateboards, every time they ride.

Use Wrist Guards

- ✓Skateboarding, roller skating and in-line skating are the leading cause of sports and recreational injury visits to emergency departments for youth aged 10 to 14 years.
- ✓The most common injuries sustained during these activities are fractures and sprains/strains to the upper limb due to falling.
- ✓Wrist guards help to prevent wrist and forearm fractures in the case of a fall.
- ✓**DO NOT** use wrist guards for scooters or bike riding, as you need to move your wrists to control the handle bars.

Supervise Young Children

- ✓Before age 5 most children do not have the maturity and skills to skateboard.
- ✓Children 5-10 years of age should always be supervised.

Choose a Safe Place to Ride

- ✓Choose safe riding locations with smooth surfaces, away from traffic.
- ✓Avoid riding on streets, sidewalks, and in parking lots.
- ✓Watch for pedestrians if you are riding on a shared path.
- ✓Use skateboard parks for doing tricks, not homemade ramps.
- ✓Do not ride at night or in wet weather.

Learn How to Skate Safely

- ✓Wear closed-toe, slip-resistant shoes.
- ✓Do not wear headphones.
- ✓Learn how to control your speed and how to stop.
- ✓Never hold onto a moving bike, bus, or car.