

Wheeled Sport Safety

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 skating on inline skates or skateboards, or other wheeled activities, you can **ACT NOW** to prevent head injuries and fractures.

KEY MESSAGES FOR PARENTS

Visit <http://www.activesafekidsmanitoba.ca/docs/ACTIVEANDSAFEKIDSBrochureWristGuards.pdf> for the complete Family Action Guide.

- ✓ **Wear a helmet for every ride**
- ✓ **Use wrist guards**
- ✓ **Supervise young children**
- ✓ **Choose a safe place to ride**
- ✓ **Learn how to skate safely**

What **COMMUNITIES** can do to **increase WRIST GUARD use** in children and youth.

GOAL: Increase WRIST GUARD use among children and youth.

WHO: Children and youth riding skateboards and inline skates.

HOW:

- Wrist guard incentive programs** (Caught You Using Your Wrist Guards).
- Promote **low cost and free wrist guards** for low income families.
- Wrist guard loan programs** at community skateparks.
- Promote the **Family Action Guide: Caught You Using Your Wrist Guards–Roller Sport Safety!**
- Use the **Key Messages** for parents in your newsletter, website or recreation guide.

SUCCESS? Monitor WRIST GUARD use before and after the program (click [here](#) for sample form)



Promoting WRIST GUARD Use in Your Community

Caught You Using Your Wrist Guards!

What you need:

- Staff or volunteers to “ticket” children “caught” using their WRIST GUARDS and reward them with a sticker, coupon or contest entry form.
- Provide kids “caught” not using their wrist guards with a coupon for discounted or free wrist guards.
- Community sites to “ticket”: catch kids as they arrive at summer camp, at the community recreation centre, pool, or park; choose anywhere where kids skateboard.
- Recruit a local private sector sponsor to assist with coupons and contest prizes (e.g. local retailers, food or entertainment vendors).
- Coupons and/or or contest entry forms to use as tickets (you can also use stickers, tattoos or other promotional items). Visit <http://www.activesafekidsmanitoba.ca/docs/HelmetCouponSample.pdf> for a sample template.

- TIPS

- ✓ The most effective “ticketing” incentive programs reinforce repeated use over time, so continue the program all summer and/or fall with a contest at the end, so kids and families gain additional entries/tickets the more times they are observed using wrist guards.
- ✓ Immediate reinforcement is also important, but can be simple, such as collecting one in a series of different stickers or tattoos, or small “buy one get one” coupons from local retailers.

Low-Cost and Free Wrist Guards for Low Income Families

What you need:

- Low cost wrist guards can be purchased by community organizations for free distribution or to offer a low cost purchase option for parents. Contact Active and Safe Kids Manitoba at safekidsmb@sportmanitoba.ca for more information.
- Work with local retailers to offer discount coupons for wrist guards, or for donations of wrist guards for low income families.
- Your organization can build on your local Caught You Using Your Wrist Guards campaign by providing kids “caught” not using their wrist guards with a coupon for discounted or free wrist guards.

Wrist Guard Loan Programs

What you need:

- Identify popular local skateboarding sites: indoor or outdoor skateparks, community centres and skateboarding lessons.
- Recruit a local private sector sponsor to assist with wrist guard purchase.
- Wrist guards: 5-10 of each size (purchased or donated) for a small loan program.
- Wrist guard storage: a plastic box for each size.
- Disposable fingerless cotton gloves: provide one pair to each user and discard after use.
- Wrist guard cleaning: see product instructions, dispose if soiled and unable to clean, or if exposed to blood or saliva.

- Signage to explain the procedure for loans, how to fit and properly wear wrist guards, and contact information for the loan program operator.
- Survey wrist guard users for feedback and to find out why they used the wrist guards, whether they would loan them again, or whether they would purchase them.

Skateboard and Inline Safety Resources and Links

Websites

[Canadian Amateur Skateboarding Association](http://www.bcskateboarding.org) (www.bcskateboarding.org)

A British Columbia based organization dedicated to promoting safe and accessible skateboarding. Site provides resources, safety tips and recommendations on equipment usage.

[Inline Skating Resource Center](http://www.iisa.org) (www.iisa.org)

The International Inline Skating Association has an extensive list of resources about inline skating, gear, safety and research.

Skateboard Injury Prevention Guidelines

Read the American Academy of Pediatrics Skateboard and scooter injuries policy statement at <http://pediatrics.aappublications.org/content/109/3/542.full>

Read ThinkFirst's skateboarding tips at http://www.thinkfirst.ca/documents/SkateboardingTips_001.pdf

Read the American Academy of Orthopedic Surgeons skateboarding tips at <http://orthoinfo.aaos.org/topic.cfm?topic=a00273>

Other Active & Safe Kids Manitoba Resources

Kids Don't Float – Water Safety

Caught You Using Your Head – Cycling Safety

Kids Don't Bounce - Playground Safety

I Skate Safely - Ice Skate Safety