



# INTRODUCTION

## Orientation to M.C.A.S.K.

### MODULE 1

Presented by Dr. Lynne Warda  
and Jennifer Sarna, MCASK Project Coordinator  
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- Manitoba Active Coalition for Safe Kids (MCASK) is a partnership between sports, recreation and injury prevention organizations and involves government departments, non-profit organizations, the private sector and public health.
- The overall aim of this program is to increase the use of protective equipment such as helmets, wrist guards, and PFDs in children and youth, and to raise awareness about preventing injury during popular recreational activities such as cycling, wheeled sports, swimming and skating.

**MCASK**



The MCASK Partners have a shared objective of promoting injury prevention during recreational play and informal sport activities.

Recreation Connections Manitoba <a href="http://www.reconnections.com">www.reconnections.com</a>	The Lifesaving Society <a href="http://www.lifesaving.mb.ca">www.lifesaving.mb.ca</a>	IMPACT, The Winnipeg Regional Health Authority <a href="http://www.wrha.mb.ca">www.wrha.mb.ca</a>	Manitoba Healthy Living Seniors and Consumer Affairs <a href="http://www.gov.mb.ca/healthyliving">www.gov.mb.ca/healthyliving</a>	Winnipeg In Motion <a href="http://www.winnipeginmotion.ca">www.winnipeginmotion.ca</a>
Sport Medicine and Science Council of MB <a href="http://www.sportmed.mb.ca">www.sportmed.mb.ca</a>	Manitoba Children and Youth Opportunities <a href="http://www.gov.mb.ca/cyo">www.gov.mb.ca/cyo</a>	Directeurat de l'activite sportive <a href="http://www.directorat.mb.ca">www.directorat.mb.ca</a>	Canadian Red Cross <a href="http://www.redcross.ca">www.redcross.ca</a>	

**MCASK PARTNERS**



Recognizing the importance of injury prevention for children 0 – 19 years of age, MCASK has five key initiatives:

1. Promotion of safe participation in play, recreation and informal sport activities through leadership development, dissemination of information and communication of existing resources and research.
2. Increased safe play behaviour through use of protective equipment and supervision.
3. Education in safe play environments for children and youth.
4. Promotion of safe recreational policies and practices.
5. Collaboration with public and private sectors as injury prevention partners.

## KEY INITIATIVES



- Specific program initiative of MCASK and part of a National injury prevention commitment for kids.
- Funded through Public Health Agency of Canada, administered by Recreation Connections MB and supported through MCASK.
- Aims to increase use of protective equipment and to raise awareness about preventing injury during popular recreational activities such as cycling, skateboarding, swimming, ice skating and unstructured play.

**ACTIVE & SAFE KIDS MANITOBA**

Our focus is on injury prevention for children 0 – 19 years who participate in recreation activities:



**TARGETED RECREATION ACTIVITIES**



MCASK provides information guides targeted to Families and Communities to educate on injury prevention strategies and use of safety equipment.

**MODULE 1**  
Introduction to  
M.C.A.S.K.

**MODULE 2**  
Kids Don't Float –  
Water Safety

**MODULE 3** Caught  
You Using Your  
Head – Bicycling  
Safety

**MODULE 4**  
Skateboard Safety

**MODULE 5**  
Playground Safety

**MODULE 6**  
Ice Skate Safety

**ADDITIONAL TRAINING MODULES**



# Skateboard Safety

## Orientation to Injury Prevention

### MODULE 4

Presented by Dr. Lynne Warda  
and Jennifer Sarna, MCASK Project Coordinator  
September 20, 2012  
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- A. Overview
- B. Participation Statistics & Injury Rates
- C. Evidence Based Strategies for Injury Prevention
- D. Incentives
- E. Available Resources & Programs
- F. Communication Strategies and Tools
- G. Evaluation Methods
- H. Contact Us

## ORIENTATION OUTLINE



## Module 4 Skateboard Safety:

- Training for communities, resources available
- Access to safety information: statistics, program ideas
- Information on safe equipment use
- Injury prevention strategies for children/youth
- Family & community guides
- Data collection methods
- Review of network support

# SKATEBOARD SAFETY OVERVIEW



## ***Who participates?***

An Alberta study found that 21% of youth between the ages of 12 to 15 years participate in skateboarding.

Over half of children and youth aged 5 to 17 years participate in in-line skating.

**PARTICIPATION RATES**



- Together, skateboarding, roller skating and in-line skating are the leading cause of sports and recreational injury visits to BC emergency departments for ages 10 to 14 years
- It is the third leading cause of visits for ages 5 to 9 years and youth aged 15 to 19 years.

## INJURY STATISTICS

- Consistent with gender differences in participation rates, the majority of skateboarding emergency department visits occur among males; whereas, the majority of roller skating and in-line skating visits occur among females.
- The most common injuries sustained during these activities are fractures and sprains/strains to the upper limb due to falling.

## INJURY STATISTICS



- The International In-line Skating Association recommends that skaters always wear full protective gear including helmet, wrist guards, knee and elbow pads.
- American studies have found that children and youth participating in skateboarding, in-line skating and scooter riding wore less protective equipment than recommended and helmets were only worn in 12% (scooter riding) to 18% (in line skating) of participants.

## EQUIPMENT USE



There is biomechanical evidence to suggest that wrist guards decrease forces at the wrist and elbow and may prevent injuries associated with falls such as fractures or sprains to the upper limb.

*Note that wrist guards are recommended for skateboarding and inline skating but should not be used when riding scooters and bikes, as the wrist guard can interfere with steering and handlebar control.*

**EVIDENCE BASED STRATEGIES**



Suggested strategies to improve protective equipment use and decrease risk of injury are:

- ✓ education,
- ✓ parent reinforcement,
- ✓ protective equipment policies and
- ✓ the provision of free equipment such as wristguards/helmets.

**EVIDENCE BASED STRATEGIES**



It has also been suggested that skate park design may be effective in reducing injury rates.



**EVIDENCE BASED STRATEGIES**



The main strategies for **families** to improve skateboard and inline skating are:

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

For more information on skateboarding safety, visit the link:

<http://www.parachutecanada.org/injury-topics/item/safe-skateboarding1>

**STRATEGIES FOR FAMILIES**



The main strategies for **communities** to encourage skateboard safety and effective equipment use are:

- ✓ Provide safe and well maintained skate parks.
- ✓ Supervised skate parks are preferred.
- ✓ Require use of helmets and wrist guards.
- ✓ Offer courses to learn the basics of skateboarding.
- ✓ Supervise young, inexperienced riders.
- ✓ Offer an equipment loan program to provide access to safety gear.
- ✓ Promote opportunities for families to purchase low-cost equipment.

**STRATEGIES FOR COMMUNITIES**



Communities may benefit from participating in the Active & Safe Kids Manitoba initiative by:

- Sharing in a Provincial/National commitment on active & safe play
- Gaining experienced “trainers” in recreation injury prevention
- Accessing multiple sources to create local active and safe campaigns
- Networking with other injury prevention organizations/communities
- Leveraging local support through public and private partnerships
- Learning how to observe safe play behaviour and measure the impact of community injury prevention strategies
- Learning the importance of recreation safety and preventing unnecessary injuries

**COMMUNITY INCENTIVES**



Active and Safe Kids Manitoba

[www.reconnections.com](http://www.reconnections.com)

*SKATEBOARD SAFETY– Family Guide: Tips and information on effective equipment use and skateboarding safety.*

*SKATEBOARD SAFETY– Community Guide: Informative participation and injury statistics, key safety messages, and program ideas for your community to encourage safety equipment use.*

ThinkFirst

[www.parachutecanada.org](http://www.parachutecanada.org)

*For ThinkFirst Canada’s top tips to reduce your risk of sustaining an injury while skateboarding.*

**AVAILABLE RESOURCES & PROGRAMS**



International Inline Skating Association [www.iisa.org](http://www.iisa.org)

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

**AVAILABLE RESOURCES & PROGRAMS**



American Academy of Pediatrics

[www.pediatrics.aappublications.org](http://www.pediatrics.aappublications.org)

*Read the American Academy of Pediatrics skateboard and scooter injuries policy statement at*

<http://pediatrics.aappublications.org/content/109/3/542.full>

American Academy of Orthopedic Surgeons [www.orthoinfo.aaos.org](http://www.orthoinfo.aaos.org)

*For great tips on preventing skateboarding injuries, visit this link.*

<http://orthoinfo.aaos.org/topic.cfm?topic=a00273>

**AVAILABLE RESOURCES & PROGRAMS**



## Wear a Helmet for Every Ride

- ✓ Helmets should be worn by children and youth riding skateboards, scooters, and bikes, every time they ride.
- ✓ Remember that serious injuries usually happen close to home, on neighbourhood streets, parks, and paths

**ACT NOW:** Check the *Caught You Using Your Head* family action guide for more about types of helmets and helmet fitting tips at

[www.reconnections.com](http://www.reconnections.com)

**WHAT FAMILIES CAN DO**





## Use Wrist Guards

- ✓ Skateboarding, roller skating and in-line skating are the leading cause of sports and recreational injury visits to emergency departments for youths 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.

**ACT NOW:** Buy a pair of wrist guards at your local sporting goods or skateboard store.

**WHAT FAMILIES CAN DO**



## 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.

**ACT NOW:** Get on your wheels and skate together!

**WHAT FAMILIES CAN DO**



## 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.

**ACT NOW:** Check the Winnipeg skatepark map for a park near you  
[www.winnipeg.ca/publicworks/parksandfields/Parks/SkateParks.asp](http://www.winnipeg.ca/publicworks/parksandfields/Parks/SkateParks.asp)

**WHAT FAMILIES CAN DO**



## 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.

**ACT NOW:** Visit [www.parachutecanada.org](http://www.parachutecanada.org) for more injury prevention tips.

**WHAT FAMILIES CAN DO**



**WHAT:** 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 Gear).  
Promote **low cost and free wrist guards** for low income families.

**Wrist guard loan programs** at community skateparks.  
(incorporate measures for infection prevention and control).  
Promote the **Family Action Guide: Caught You Using Your Gear!**

Use the **Key Messages** for parents in your newsletter, website, or recreation guide.

**SUCCESS?** Monitor WRIST GUARD use before and after the program.

**WHAT COMMUNITIES CAN DO**



## Caught You Using Your Gear Incentive program

What you need:

- Staff or volunteers to “ticket” children “caught” using their WRIST GUARDS and reward them with a sticker, coupon, or contest form.
- Provide kids “caught” not using their wrist guards with a coupon for a 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).

**WHAT COMMUNITIES CAN DO**



## TIPS

The most effective “ticketing” incentive programs reinforce repeated use over time, so continue the program all spring, 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.

**WHAT COMMUNITIES CAN DO**



## Low-Cost and Free Wrist Guards for Low Income Families

- Low cost wrist guards (\$5 plus shipping) can be purchased by community organizations for free distribution or to offer a low cost purchase option for parents.
- 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.

**WHAT COMMUNITIES CAN DO**





## Wrist Guard Loan Programs

- Identify popular local skateboarding sites or programs
- Recruit a local private sector sponsor for wrist guard purchase
- Wrist guards: 5-10 of each size 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
- Establish equipment maintenance procedure and incorporate Infection Prevention and Control guidelines as recommended.
- Signage for loan program procedure, how to fit and properly wear wrist guards, and contact information for the loan program operator
- Survey wrist guard users for feedback: why they used the wrist guards, would they loan then again, would purchase them?

**WHAT COMMUNITIES CAN DO**



## Why evaluate?

- To gauge how injury prevention strategies are impacting behaviour
- Provides valuable motivational feedback
- Provides data to support additional funding or programs

## How to evaluate?

- A simple process of observing and recording wrist guard and helmet use.
- Observations must be made before and after an event/activity to measure impact on behaviour

**EVALUATION**



## Wheeled Data collection form – long form

Site: _____		Date: _____	Time: _____	Day: Mon Tue Wed Thu Fri Sat Sun		
Activity	Sex	Age	Helmet	Wrist Guard	Type of Wrist Guard	
Cycling	M	Toddler	Yes	Yes	Loaner	
In-line/roller skating	F	Child	No	No	Owned	
Scootering		Youth	Other	Other	Unknown	
Skateboarding		Adult				
Comments:						

**EVALUATION**



## Data collection form – short form

Site: _____ Date: _____ Time: _____ Day: Mon Tue Wed Thu Fri Sat Sun									
Time	# of Children	Children w/Helmets	Children w/Wrist Guards	# of Youth	Youth w/Helmets	Youth w/Wrist Guards	# of Adults	Adults w/Helmets	Adults w/Wrist Guards

Printable copies of data collection forms and instructions for use are available at: [www.reconnections.com](http://www.reconnections.com)

**EVALUATION**



1. Share the information with other community leaders.
2. Explore the resources and links to organizations who share the injury prevention objective.
3. Visit the website [www.reconnections.com](http://www.reconnections.com)
4. Work with others to coordinate educational campaigns featuring the key helmet safety messages.
5. Coordinate events or activities to raise awareness of safety strategies including equipment usage.
6. Be Active, Be Safe!

**ACT NOW**



## **Thank you for participating in Skateboard Safety Module 4.**

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**BE ACTIVE, BE SAFE!**