



## In-Line Skating and Roller Skating: Safety Activity Checkpoints



Originally developed as a way for speed skaters to train year-round, in-line skating is now a popular activity and sport that represents a modernized version of roller-skating. All skaters are encouraged to obtain safety rules from the adult or rink manager, and beginners should consider taking lessons from a certified skating instructor. Once girls are skilled skaters, they may wish to participate in more challenging skate activities such as skating backward or hosting skating competitions and games.

**Know where to skate.** Connect with your Girl Scout council for site suggestions. Also, to find a skating rink by region, visit the rink locator link at [rinktime.com](http://rinktime.com). Girls skate at night only in well-lit areas.

**Include girls with disabilities.** Communicate with girls with disabilities and/or their caregivers to assess any needs and accommodations. Learn more about the resources and information that the [National Center on Health, Physical Activities and Disabilities](http://www.nationalcenteronhealth.com) provides to people with disabilities.

### In-Line and Roller Skating Gear

#### Required Gear (for skating outdoors and in-line skating)

- Bike helmet or other helmet with the American National Standards Institute or SNELL Memorial Foundation seal, or both (helmets must be as snug as possible and be worn low over the forehead, approximately 1 inch above the eyebrows)
- Snug-fitting elbow pads and kneepads

#### Recommended Gear

- Wrist guards that fit like gloves
- Clothing that allows freedom of movement
- Long-sleeve shirt to help prevent scrapes

- Sunscreen (SPF of at least 15) and lip balm
- Sunglasses
- Daypack to carry personal belongings, if skating outdoors

## Prepare for In-Line and Roller Skating

- Communicate with council and parents.** See the Introduction to Safety Activity Checkpoints.
- Girls plan the activity.** See the Introduction to Safety Activity Checkpoints.
- Organize transportation and arrange for adult supervision.** *For the recommended adult-to-girl ratios please see the Introduction to Safety Activity Checkpoints.* Adults keep a close watch on skaters from outside the main skating floor.
- Select a safe in-line and roller-skating site\*.** Obtain council guidance in selecting the skating site; rinks are considered safest, but ensure that the rink has a smooth skating surface free of debris. The rink manager is called in advance to arrange for large groups or for practice sessions. The rink is adequately staffed to monitor the size of the crowd. Local ordinances or parks offices are checked to see whether skating is permitted on bike paths or in city parks.
- Compile key contacts.** See the Introduction to Safety Activity Checkpoints.
- Select proper-fitting skates.** Girls receive instruction in selecting the proper skate size. Skates are properly fitted, securely laced, and properly tied. Skate wheels, boots, and plates are kept clean and in good condition and are inspected. Girls never skate with broken or missing laces. No dangling decorations are attached to the laces.
- 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. If any part of the activity is located 30 minutes or more from emergency medical services, ensure the presence of a first-aider with Wilderness First Aid. See *Volunteer Essentials* for information about first-aid standards and training.

## On the Day of In-Line Skating or Roller Skating

- Get a weather report.** See the Introduction to Safety Activity Checkpoints.
- Use the buddy system.** See the Introduction to Safety Activity Checkpoints.
- Safeguard valuables.** Secure equipment and other valuables in a locked storage area if skating indoors.
- Girls learn basic skating skills.** Girls receive basic instruction in skating skills, including how to fall and get up. Practice sessions are scheduled for beginners. Girls learn to perform basic skating skills before attempting more advanced skills. Gentle warm-up exercises are done before any strenuous skating; cool-down exercises end the sessions.
- Follow basic in-line and roller-skating safety standards\*. Respect safety rules, such as:
  - Everyone skates in the same direction.
  - Girls 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.
  - Girls 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.

- **Practice safe outdoor skating.** Outdoors, girls skate in areas where traffic or pedestrians will not interfere. Check local ordinances for any restrictions. Girls skate in the street or in a parking lot only if it is closed to traffic. When skating on a walkway, yield to pedestrians. Skate on the right side, pass on the left.

### **In-Line and Roller-Skating Links**

- Roller Skating Association International: [www.rollerskating.org](http://www.rollerskating.org).

### **In-Line and Roller-Skating Know-How for Girls**

- Keep skates in top shape. Avoid water, sand, and debris, which damage wheel bearings.
- Learn how to brake and stop. Before skating, read about the safest ways to stop, based on skating ability level, at [skatefaq.com](http://skatefaq.com). Moves include the wall stop, the brake-pad and the snowplow.

**\*These checkpoints must be reviewed with the vendor and/or facility, when appropriate.**