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**Biking, In-line Skating/Rollerblading
And Scooter Riding Safety Tips:**

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Biking/Rollerblading/Scooter Riding: Every year people are involved in traffic accidents while biking, in-line skating, running, and speed walking. Ninety percent of bicycle injuries for children age 14 and under are the result of car collisions. In more than fifty percent of collisions with cars, the car driver claimed that he/she could not see the cyclist. Four out of five deaths result from head injuries. It is estimated that 83,000 in-line skating injuries will be treated in emergency departments this year. To ensure safety while participating in these types of sports, people must learn the “rules of the road” and wear proper protection and equipment.

As with any sport, practice is important. Once you’re purchased your scooter or in-line skates, it’s important to take the time to learn how to operate them properly and safely. The best way to start any new sport is to take a lesson with an instructor. Many shops that carry rollerblades and scooters offer instructional clinics. Or you might ask a knowledgeable friend to teach you. Sometimes community or adult educational centers and local retailers will offer lessons. If you aren’t able to take a lesson, you may want to purchase a book or video to introduce you’re to the sport. The more you know, the safer you’ll be and the more fun you’ll have!

Gearing Up:

Protective equipment helps you feel more confident and relaxed when you’re riding or skating ... you also looks pretty cool too! Make sure your riding gear is durable and securely fitted. “Gearing up” mentally before skating or scooter riding is just as important as gearing up physically. Always follow the Rules of the Road!

- **Helmet:** Helps prevent injury to all areas of the head. Must be buckled and fit snugly to be effective. Should be rated or approved by a nationally recognized standard.
- **Knee Pads:** Must be strapped around leg securely so pad does not come off during sliding.
- **Elbow Pads:** Gives protection in sideways falls.
- **Proper Shoes:** Never wear flip-flops or sandals. Sneakers are good, but should be tightly laced at all times.
- **Wrist Protection:** For skaters, wrist protection also is a good idea. When you lose your balance you should try to fall forward. Wrist protection promotes sliding, and distributes the impact.

Biking Safety Tips:

1. Make sure your child's bike is the right size.
2. Young children should use bikes with coaster brakes.
3. A properly fitted bike helmet is essential equipment.
4. If the bike must be used at night, install lights, reflectors, day-glo safety flags, and warning bells.
5. Drive on the right with traffic and stop at intersections.
6. Use proper hand signals for turning or stopping.
7. Watch out for opening car doors.
8. Drink enough water and fluids to replenish minerals.
9. Wear sunscreen.
10. Don't drink alcohol (Before, During, or After Cycling).
11. On longer distance riding make sure someone knows your travel plans.

In-line Skating/Rollerblading:

1. Always skate with a friend.
2. Drink enough water and fluids to replenish minerals.
3. Wear sunscreen.
4. Don't drink alcohol. (Before, During, or After Rollerblading).
5. Always wear your protective gear (helmet, wrist protection, elbow pads, kneepads).
6. Master the basics (striding, stopping, and turning).
7. Don't try tricks beyond your ability.
8. Don't skate down steep hills or in drainage ditches.
9. Keep your equipment in proper working order.
10. Obey all traffic regulations. When on skates, you should consider yourself subject to the same rules of the road as a cyclist or a driver of an automobile.
11. Skate under control at all times.
12. Watch out for road hazards.
13. Avoid water, oil, and sand.
14. Avoid traffic.
15. Skate on the right and pass on the left.
16. Announce your intentions by saying, "passing on your left."
17. Always yield to pedestrians.
18. Avoid hills and declines when you're first starting out. You can build up speed on even a slight decline, so you should feel confident in your braking ability before you head for the hills.

Scooter Riding:

1. Always wear an approved helmet, knee and elbow pads.
2. Never ride at dusk or night.
3. Don't drink alcohol. (Before, During, or After).
4. Avoid wet or icy road conditions.
5. Begin at a speed and at angles that you're comfortable with.
6. Learn to stop with the rear fender brake, and by lowering one foot to the ground.
7. Don't take chances: water, speed bumps, gravel, etc. are dangerous and can also damage your scooter.
8. Tricks and stunts come with lots of practice. Don't try any daring moves until you're really ready to handle them.
9. Never ride in traffic.
10. Always yield to pedestrians (and be on the lookout for other obstructions, such as skaters or bikers).

11. When about to pass, always announce your intentions by saying, “passing on your left.”
12. Before climbing aboard, check out all the bolts, steer tube extension, and handlebars to make sure they’re securely fastened.
13. Keep your equipment well maintained.

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