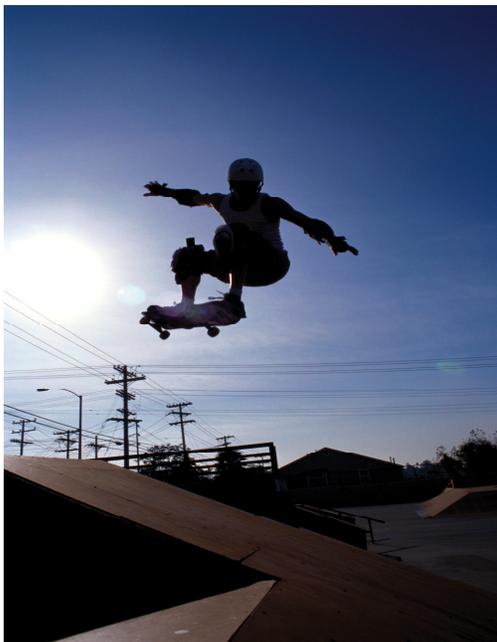


Keep It  
*safe!*



## SKATEBOARDING



The current interest in skateboarding follows naturally from the growing popularity of snowboarding as young people want the exhilaration of this winter sport to continue throughout the summer.

The popularity of in-line skating has also obliged municipalities and private organizations to install ramps and there are sites that can be used by both in-line skaters and skateboarders. In addition, a Guide d'aménagement et de gestion : Parcs de planche à roulettes, a reference and design document addressed to all municipal authorities who intend to set up a skatepark as well as to those who want to upgrade an existing facility, is available from the Presses de l'Université du Québec.

# SKATEBOARDING

## 1. THE SKATEBOARD

A skateboard is a simple construction consisting of a deck, wheels and trucks. The wheels may vary in width and, because they are straight, they provide more manoeuvrability but less stability.

It is important to check the various bolts holding the skateboard together on a regular basis.

## 2. INJURY RISK FACTORS

Injuries often result from poor repairs or modifications made to the skateboard, uneven road and sidewalk surfaces and lack of experience on the part of the rider. Young people under the age of 13 sometimes lack the muscular coordination required to stay balanced and are not always mature enough to know their limits when it comes to performing various manoeuvres.

The *Highway Safety Code* forbids skateboarding on streets. Riding in traffic can often lead to death or serious injury.

## 3. PROTECTIVE EQUIPMENT

Although wearing elbow pads, knee pads and gloves protects against injuries like bruises, scrapes and cuts, it does not prevent fractures. Helmets, however, greatly reduce the risk of suffering a skull fracture in a fall.

# SKATEBOARDING

## Preventive measures

Skateboarders can reduce the risks associated with their sport. According to findings on the nature and circumstances of accidents, there are ways to prevent accidents, including the following:

- start with learning the easiest manoeuvres and gradually progress to learning the hardest ones
- obey the *Highway Safety Code* (skateboarding on streets is forbidden)
- aim for control of the skateboard rather than for speed
- wear properly fitted protective equipment, shoes with non-slip soles, pants and a long-sleeved jacket

If there is a park set up for this sport, it is the obvious choice for riding on proper surfaces. Still undecided? There are only two choices—you can tell your child to go ahead while taking all possible preventive measures or you can refuse, hoping that it is a passing fancy...

## CONTACT US

Please contact us if you would like more information or copies of our publications.

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