



### **Ensure Appropriate Equipment**

There are different types of skateboards for styles of riding, such as slalom, freestyle, and speed. Some boards are rated for the user's weight. Use a quality skateboard that is appropriate for your level of ability and the type of riding you do. Skateboards have three parts: the deck (the board itself), the trucks (the mechanism to which wheels are attached), and the wheels. Shorter decks are best for beginners because they are easier to balance and handle.

Be sure to keep your skateboard in good working order. You should inspect it before every ride. Look for problems that need repair, such as:

- Sharp edges on metal boards
- A slippery top surface
- Wheels with nicks and cracks
- Get professional help to repair serious defects

### **Focus On Technique**

- Learn the basic skills of skateboarding, especially how to stop, slow down, and turn
- Be able to fall safely: If you are losing your balance, crouch down on the skateboard so that you will not have as far to fall. Try to land on the fleshy parts of your body rather than your arms. Relax and roll
- Skateboard according to your ability level Skateboarding skill is not acquired quickly or easily. Do not take chances by skateboarding faster than your experience allows, or faster than is safe for the surrounding conditions
- Practice and master each skill before moving on to a more challenging trick
- Staying in good physical condition can help to prevent skateboarding injuries

### **Additional Safety Tips**

- Practice tricks and jumps in a controlled environment, such as a skate park that has adult supervision and appropriate access to emergency medical care
- Be considerate of fellow skateboarders, especially those who are younger and/or less skilled. Take turns on ramps or other equipment
- Do not use headphones while skateboarding
- Never put more than one person on a skateboard.
- Skateboarding accidents happen, so you should always know what to do in emergency situations. Call 911 for medical assistance or an ambulance