

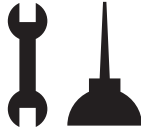
In-Line Skating Safety

Use the checklist below to ensure equipment is safe and is used correctly.
Remember these safety tips.

Equipment



Correct size

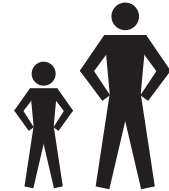


In good working order

Age

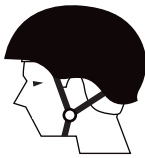


Not under 5



5 to 10 with adult supervision

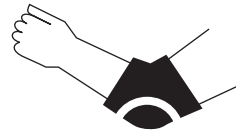
Protection



Wear a multi-purpose certified helmet



Wear knee pads



Wear elbow pads



Wear wrist guards

Learning



Practice stopping



Practice turning



Control Speed

Learning



Not near cars



Not at night



Not on steep hills



Not on rough or wet areas



Hamilton
Public Health Services