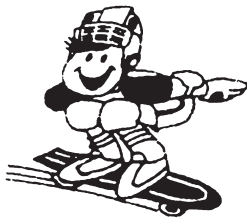


SAFETY ON WHEELS

Skateboarding

1. Before you ride "safety check" wheels, ball bearings, trucks, etc.
2. Always wear protective gear: helmet, knee and elbow pads, wrist guards and gloves. Also wear shoes.
3. Ride in skateboard parks or in areas away from vehicles and pedestrians. Always respect private and public property.
4. Watch out for pebbles, sand, cracks or debris that might jam your wheels.
5. Do not "hitch" rides behind vehicles or bicycles.
6. Avoid other "boarders"—collisions are painful and dangerous.
7. Go slow! Skateboards don't have brakes.
8. Don't jump ramps or do tricks without training and supervision.
9. "Park" your board on its end, where no one will trip on it.
10. Obey all laws and regulations related to skateboarding.



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SAFETY ON WHEELS

Rollerskating/Rollerblading

1. Buy skates with a supportive boot and proper fit.
2. Each time you skate "safety check" wheels, ball bearings, and frame.
3. Always wear protective gear: helmet, knee and elbow pads, wrist guards and gloves.
4. Before you skate, check for holes, rocks, bumps, hills and curves.
5. Be sure you know how to stop!
6. Practice skating basics before trying tricky or complicated moves.
7. Avoid crowded sidewalks. Respect other people.
8. Do not "hitch" rides behind vehicles or bicycles.
9. Try not to fall on your hands. Fall away from other skaters.
10. Remember that vehicle drivers might not see you. Obey all traffic signs and signals.

