

IN-LINE SKATING

EQUIPMENT	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
ALL GRADES			
<p>Have access to a first aid kit.</p> <p>Wear CSA approved and correctly fitting helmets. Helmets reduce the potential for injury.</p> <p>Wear wrist guards, elbow pads and knee pads.</p>	<p>Use a skating surface that is dry and free of any obstacles and debris.</p> <p>Use a designated skating area that is free of vehicular and pedestrian traffic. Don't use parking lots, sidewalks, streets or driveways. Playground blacktops are suggested.</p>	<p>Provide beginning skaters with their own designated area within the total area provided for the class. This enables beginning skaters to skate without interference from faster moving peers.</p> <p>Give all skaters, regardless of ability, basic instruction in:</p> <ul style="list-style-type: none"> ● motion ● stopping ● turning <p>Designate a skating direction for everyone (e.g., clockwise or counterclockwise).</p> <p>No racing, chasing or tag games.</p> <p>Teach skating courtesies:</p> <ul style="list-style-type: none"> ● skate in the same direction as others ● skate on the right, pass on the left ● announce your intention to pass by saying, "passing on your left." <p>Outline safety rules clearly to students.</p> <p>No walkmans.</p> <p>Teach skills in proper progression.</p> <p>If using a commercial facility, written parental permission is required.</p>	<p>Provide on-site supervision.</p>