



SKATEBOARDING

Prior to the activity or game, the Program Leader is to assess the skills of the participants relating to the activity or game. Where a participant does not demonstrate a safe knowledge of the skills, the Program Leader must demonstrate proper execution of the skills or choose a different activity or game.

► EQUIPMENT

- A fully stocked first aid kit is readily accessible.
- A working communication device (e.g. cell phone) is accessible.
- Determine that all equipment is safe for use.
- When renting or borrowing equipment, skateboard size is to be suitable for the user and in good repair.
- When skateboarding at a skateboard park or other commercial site, follow the posted equipment rules.
- The Program Leader has communicated to participants and parents/guardians the importance of wearing:
 - A properly fitting skateboard helmet certified by a recognized safety standards association (e.g. CSA, CSPC, ASTM, Snell, BSI, AS),
 - Elbow pads,
 - Knee pads,
 - Wrist pads.

► CLOTHING/FOOTWEAR

- All participants must wear appropriate athletic footwear (e.g. running shoes with a flat rubber sole that is secured to the foot) OR skateboard shoes. Running shoes with higher heels, wheels, rubber, plastic, metal cleats, open toes, or open heels are not appropriate.
- Hanging jewelry is not permitted.

► FACILITIES

- If using a school site, the Program Leader, prior to activity, is to check with school administrator regarding the rule and procedures for bringing skateboards onto school site.
- Determine that all facilities are safe for use.
- Pre-visit the selected site (e.g. playground, nearby park, commercial site) to inspect the surroundings and condition of the skating area.

PRE-ACTIVITY INSPECTION OF THE SKATEBOARDING AREA:

- The skating surface is dry and free of obstacles and debris,



- The skating surface is well away from vehicle traffic,
- The skating area does not contain significant inclines.

WHERE HAZARDS HAVE BEEN IDENTIFIED:

- Inform the Program Supervisor immediately.
- Select the safest alternative for the participants, cancel the activity, move the activity to another location or inform participants of the hazard and modify the activity to avoid the hazards (e.g. mark hazards with cones).

SPECIAL RULES/INSTRUCTIONS

- Participants with medical conditions and/or physical limitations have been identified with appropriate accommodations being implemented for their safe participation.
- An emergency action plan is ready for implementation in case of an accident or injury.
- Prior to the activity participants have been informed of:
 - Possible risks associated with the activity,
 - Ways of managing the risks,
 - Established rules and procedures for safe participation.
- A pre-activity warm up and a post-activity cool down are included with the activity.
- Adequate liquid replacement is accessible for the participants.
- If more than one activity is going on, determine that there is a safe distance between the activities.
- Parents/guardians are aware of any off-site activity and the means of transportation used.

OUTDOOR ACTIVITY | WEATHER CONDITIONS:

- Know the emergency response to severe weather conditions (e.g. lightning, tornadoes) and provide appropriate instruction to the participants.
- Before activity take into consideration:
 - The temperature of the day,
 - The length of time participants will be vigorously active.
- Participants are to be made aware of ways to protect themselves from:
 - UV rays (e.g. hats, sunglasses, sunscreen),
 - Insects (e.g. mosquitoes repellent).

SPECIFIC SKATEBOARDING SAFETY CRITERIA:

- The participants are to follow the rules posted at public/commercial skateboard sites.
- The safety rules are to be clearly outlined to the participants emphasizing skateboarding in control at all times.
- Beginner skateboarders are to be allocated their own space.
- Audio devices (e.g. MP3 players) may not be used.
- In order to skateboard in more challenging areas of the facilities/site, specific instruction are to be given (e.g. instruction on half-pipe/terrain park, jumps or ramps, etc.).
- Hot-dogging is not permitted.
- Instruct participants to keep a safe distance from each other (e.g. 2-3m) to prevent interference or tripping one another.



▶ SUPERVISION

ON-SITE SUPERVISION IS REQUIRED

- The Program Leader circulates throughout the activity site and is always in visual contact of the participants.
- The Program Leader meets the criteria for effective on-site supervision (refer to the Resource Materials Section: Appendix B – Supervision).
- A Program Leader who is providing instruction and is unfamiliar with skateboarding techniques, (i.e. has no recent experience), is to seek assistance from an appropriate support staff and/or refrain from participating in the activity until help is received.

OUTSIDE INSTRUCTOR

- An outside instructor is to have certification or experience in skateboarding instruction.