

Skateboarding Safety



Skateboarding is a great way for children to be physically active! It does; however, involve a tricky combination of balance, coordination and speed on hard surfaces, so there is always the risk of injury!

Injuries from falls are common due to a child's limited judgement, skills and strength, and the difficulty in manoeuvring a skateboard on hard pavement. Younger children have slower reaction times, and a higher centre of gravity, and children and youth who skateboard in the street are at an increased risk of being hit by a motor vehicle.

Tips:

- Always supervise children between the ages of five and 10
- Make sure they wear a skateboard helmet, and other protective gear such as elbow pads, knee pads, and wrist guards
- Ensure equipment is safe and the proper size
- Find places for your child to ride such as playgrounds, parks, and rinks where they can ride on smooth surfaces, far away from cars, or go to a supervised skate park
- Consider lessons for your child

For health-related information call York Region *Health Connection* at 1-800-361-5653, TTY 1-866-252-9933 or visit www.york.ca/healthyschools

