

# Safe Rollin'!



**Skate Shoes:** (also known as Roller Shoes or by the brand name, Heelys®):

- Never “roll” faster than you can walk
- Avoid rolling on roads, sidewalks and wet surfaces
- Do not roll over rocks, sand or water
- Always wear protective gear - such as a helmet and wrist, elbow & knee pads - when using skate shoes

**Scooters (non-motorized):**

- Always wear a helmet and protective pads
- Keep covered with clothing. Wear closed-toe shoes (for good grip) and long pants and long sleeves (to protect against scrapes and cuts)
- Only ride your scooter during the daytime
- Only ride on the sidewalk or paved, off-road paths - never near traffic

***Like other sports, there is a learning curve. So learn to roll safely and properly***

**Skate Boarders:**

- Always wear a multi-sport helmet (not a bike helmet) and proper protective gear
- Learn to fall - practice on grass or a soft surface
- Never ride in the street
- Check your board each time you ride

**Bike Riders:**

- Always wear a properly fitted helmet each time you ride
- Wear bright clothes and reflectors so you can be seen by drivers
- Wear proper footwear - no sandals, high heeled shoes, or cleats when riding
- No riding barefoot!
- Follow the rules of the road when you ride and use arm signals when you turn
- Check over your bike before you ride

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