

Education @ NZTA



NZ TRANSPORT AGENCY
WAKA KOTAHI



SKATEBOARD SAFETY

SKATE SAFE FROM THE START!



REMEMBER THESE SAFETY TIPS

1. Wear protective gear, especially a helmet.
2. Keep your skateboard in good condition.
3. Skate on smooth surfaces and keep to footpaths and skate parks.
4. Skate to your ability level.
5. Learn how to fall safely.



SAFETY EQUIPMENT



Helmet



Wrist guards and gloves



Knee and elbow pads

WEAR A HELMET!

To protect your head you need a helmet that fits snugly.

- ▶ Never wear a cap or hat underneath your helmet.
- ▶ Tighten the straps under your chin.
- ▶ Make sure the helmet doesn't slip back off your head.
- ▶ Make sure the helmet doesn't have cracks or frayed straps.
- ▶ Replace your helmet every couple of years.



LOOK AFTER YOUR EQUIPMENT!

Skateboards need to be in good condition.

Check for cracked boards and trucks, cracked or bald wheels, and replace them.





SKATE IN THE RIGHT PLACE

- ▶ Ride on footpaths or in skate parks, not on the road.
- ▶ Give way to other people on footpaths.
- ▶ Be careful on ground that has cracks, stones or sticks. These can make you fall off.
- ▶ Check for 'no-go' areas. Skateboards are banned in certain areas, so check with an adult.

LOOK FOR CARS BACKING OUT OF DRIVEWAYS

- ▶ Stop at every driveway.
- ▶ Look down the driveway and check no one is coming.
- ▶ Look on the road to check no one is turning into the driveway.
- ▶ If safe, carry on.





SKATE TO YOUR ABILITY LEVEL

- ▶ Learn how to start, turn and stop safely.
- ▶ Go slow to begin with.
- ▶ Learn tricks after you've learnt the basics.
- ▶ Learn to fall safely on soft grass.
- ▶ Start with small slopes first and build up to steeper ones.
- ▶ Skate during the day and in fine weather.

See the Skateboarding Skills
slide show for tips on skills