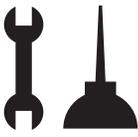
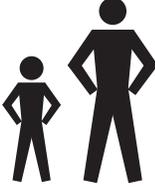
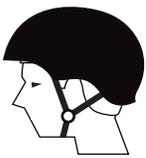
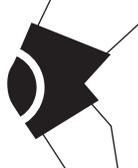
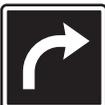


Skateboarding Safety

Use the checklist below to ensure equipment is safe and is used correctly.

Children under the age of five do not have the skills to handle a skateboard safely.

Equipment		Age	
 <input checked="" type="checkbox"/> Correct size	 <input checked="" type="checkbox"/> In good working order	 <input checked="" type="checkbox"/> Not under 5	 <input checked="" type="checkbox"/> 5 to 10 with adult supervision
Protection			
 <input checked="" type="checkbox"/> Wear a multi-purpose certified helmet	 <input checked="" type="checkbox"/> Wear knee pads	 <input checked="" type="checkbox"/> Wear elbow pads	 <input checked="" type="checkbox"/> Wear wrist guards
Learning			
 <input checked="" type="checkbox"/> Practice stopping	 <input checked="" type="checkbox"/> Practice turning	 <input checked="" type="checkbox"/> Control Speed	
Learning			
 <input checked="" type="checkbox"/> Not near cars	 <input checked="" type="checkbox"/> Not at night	 <input checked="" type="checkbox"/> Not on steep hills	 <input checked="" type="checkbox"/> Not on rough or wet areas



Hamilton
Public Health Services