

## Skateboarding: Safety Activity Checkpoints



Invented in the 1930s by California surfers who were frustrated by bad waves, skateboarding has become a popular sport and pastime with competitions and professional skateboarders. Skateboarding schools and camps teach beginners how to ride, perform tricks, and skate ramps and half-pipes. In general, for groups learning to skateboard, four class sessions are recommended. **Girl Scout Daisies do not participate in skateboarding.**

**Caution:** Girls are not allowed to do aerial tricks on skateboards.

**Know where to skateboard.** Beginners skateboard in organized skateboarding facilities such as skate schools and enclosed areas. Experienced skateboarders skate in skate parks and other skateboarding-designated areas. Connect with your Girl Scout council for site suggestions. Also, [SkateboardDirectory.com](http://SkateboardDirectory.com) provides information about skateboarding parks and schools.

**Include girls with disabilities.** Communicate with girls with disabilities and/or their caregivers to assess any needs and accommodations. Learn about the resources and information for people with disabilities at [Disabled Sports USA](http://DisabledSportsUSA)

### Skateboarding Gear

#### Required Gear

- Skateboard (beginners should start with a standard skateboard, approximately 32 inches in length) with sturdy wheels
- Protective helmet with properly fitting safety harness that meets the American Society for Testing and Materials ([ASTM](http://ASTM)) F1492 requirements, displaying the Safety Equipment Institute (SEI) seal
- Snug-fitting elbow pads and kneepads
- Skateboarding/in-line skating wrist guards
- Sneakers

#### Recommended Gear

- Flexible, loose-fitting clothing that allows freedom of movement
- Long-sleeve shirts, which help to prevent scrapes
- Sunscreen (SPF of at least 15), if outdoors and lip balm
- Sunglasses (if outdoors)
- Daypack to carry personal belongings

### Prepare for Skateboarding

- Communicate with council and parents.** See the Introduction to Safety Activity Checkpoints.
- Girls plan the activity.** Keeping their grade-level abilities in mind, encourage girls to take proactive leadership roles in organizing details of the activity.
- Arrange transportation and adult supervision.** See the Introduction to the Safety Activity Checkpoints, keeping in mind that Daises do not participate in skateboarding.
- Verify instructor knowledge and experience.** Instruction is given by a person with experience teaching and/or supervising skateboarding or has equivalent certification or skill in teaching and/or supervising skateboarding and has documented experience according to your council's guidelines. Instructor certification is available through Skateboard Instructors Association, [www.skateboardia.org](http://www.skateboardia.org).
- Compile key contacts.** See the Introduction to Safety Activity Checkpoints.
- Select a safe skateboarding site\*.** Obtain council guidance in selecting the skating site. Ensure that the site has a smooth skating surface free of debris. Beginners start on a flat, painted surface such as an outdoor basketball court. Avoid skate parks until girls are ready to skateboard at a higher level. When skateboarding at regulated skate parks, the manager is called in advance to arrange for large groups or for practice sessions. Local ordinances or parks offices are checked to see whether skateboarding is permitted on bike paths or in city parks. Do not skateboard in back alleys, in the street, or on private property.
- Prepare for emergencies.** Ensure the presence of a first-aid kit and a first-aider with a current certificate in First Aid, including Adult and Child CPR or CPR/AED, who is prepared to handle cases of injury from falls, especially abrasions. If any part of the activity is located 30 minutes or more from emergency medical services, ensure the presence of a first-aider with Wilderness First Aid. See *Volunteer Essentials* for information about first-aid standards and training.

### On the Day of Skateboarding

- Get a weather report.** See the Introduction to Safety Activity Checkpoints.
- Use the buddy system.** See the Introduction to Safety Activity Checkpoints.
- Safeguard valuables.** Secure equipment and other valuables in a dry, locked storage area if skateboarding indoors.
- Girls learn basic skating skills.** Girls receive basic instruction in skateboarding skills. Girls learn to perform basic skateboarding skills before attempting more advanced skills. Gentle warm-up exercises are done before any strenuous skating; cool-down exercises end the sessions.
- Follow basic skateboarding safety standards\*.** Be aware of surroundings and stay out of the way of other skateboarders. Follow skate park or facility rules. Loose or sharp articles, such as handbags, combs, and keys, are not carried in pockets, hands, hair, or any place where they might injure a skater in the event of a fall, fall to the floor, or injure another skater. Girls do not skate faster than their ability to stop, and skaters do not wear headphones while skating. To help avoid injuries, instruct girls to discontinue skateboarding if they're experiencing exhaustion or pain.
- Practice safe outdoor skateboarding.** Outdoors, girls skate in areas where traffic or pedestrians will not interfere. Check local ordinances for any restrictions. Girls skate in the street or in a parking lot only if it is closed to traffic. When skating on a walkway, yield to pedestrians.

## Skateboarding Links

International Skateboarding Federation: [www.internationalskateboardingfederation.com](http://www.internationalskateboardingfederation.com)

Skateboard Directory: <http://skateboarddirectory.com/>

## Skateboarding Know-How for Girls

- **Learn about tricks.** Before trying them out in skate camp or school, learn about the ollie, kick flip, pop shuv-it, and other skateboarding moves at [Transworld Skateboarding](http://www.transworldskateboarding.com).
- **Caution:** Girls are not allowed to do aerial tricks on skateboards.
- **Start a skateboard club.** Don't have a skateboarding school, park, or club in your area? Consider starting one. For information and tips go to [Skateboard.About.com](http://www.skateboard.about.com)

**\*These checkpoints must be reviewed with the vendor and/or facility, when appropriate.**