

## Skateboard safety code

**Warning!** Protective equipment should be worn, please see point 7.

If you remember these ideas, you can help to Stopp skateboard accidents.

1. choose places for skateboarding which allow you to improve your skills. Avoid pavements or streets, where serious accidents can happen to skateboarders and other people.
2. always look after children under 8 years. It is important that they are never left alone.
3. skateboarders starting to learn need to try with a friend or parent. Most bad accidents happen in the first month.
4. Learn everything slowly including new tricks. When loosing balance don't wait until you fall, step off and start again. Ride down gentle slopes at first. The ride slopes where your speed is only as fast as you can run off the board without falling.
5. Running or jumping on to skateboards can be dangerous.
6. Most serious skateboard injuries are broken bones, so learn to fall (by rolling if possible) without the skateboard first
7. wear correct skateboarding gear: helmet, knee- and elbow pads, gloves, flat soled shoes. Long sleeves and trousers will help prevent grazing.
8. before you jump off a skateboard watch where it may go, it could injure someone else.
9. avoid skateboarding on wet or uneven surfaces
10. join a club in your area and learn more. Prove that you are a good skateboarder and care about yourself and other people.

## Advice on maintenance and use:

### Keep your board in good condition!

1. even a high quality skateboard needs checking every time you ride, espacially the nuts, axes, wheels and bearings. They must be tight.
2. if the wheels are no more 100% fixed, Stopp riding immedeatly and check
3. check the trucks. Any action bolts and action nuts should not be set too tight or too lose, otherwise you may damage the thread.
4. if you have to take bearings apart, be very careful. Always put everything , including the correct spacer, back in the place it came from. Sand grains in bearings can damage them.
5. from time to time check all parts for wear, espacially threads. Look for splinters and cracks in the deck. Replace when needed.