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sécurité... notre priorité.*



## In-line Skating and Skateboarding

### Safety Tips

- Always supervise young children.
- Make sure all equipment is in good condition and fits properly.
- Always wear a helmet, and replace it every 2-3 years or after a major impact.
- Wrist guards will help to prevent wrist fractures in case of falls.
- Cuts and scrapes can be reduced by wearing elbow and knee pads.
- Teach children to choose a safe location, away from traffic, that has a smooth surface.

### Teach and follow these rules:

- Learn and teach how to **stop and control speed**.
- Do not wear headphones.
- Do not skate or skateboard at night or in wet conditions.
- **STAY ALERT!** Keep your eyes on the surface ahead; watch for other people, cars and hazards such as cracks and rocks.
- Respect others on the path.

In-line skating and skateboarding are popular activities. **Be careful!** These activities can lead to serious injuries to the head, arms and legs. Be smart, wear the protective gear.



**For more information contact  
Product Safety, Health Canada:**

**1-866-662-0666**

**cps-spc@hc-sc.gc.ca**

**[www.healthcanada.gc.ca/cps](http://www.healthcanada.gc.ca/cps)**

**Check regularly with the manufacturer and  
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