

# PHYSICAL ACTIVITY SAFETY CHECKLISTS

## SKATEBOARDING

Skateboarding is an activity involving riding on or performing tricks with a skateboard, which is a small platform with four wheels.

Risk Factor Rating

2

### General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

### Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

### Instruction

**Note:** The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from an experienced skateboarder who is capable of demonstrating the competency expected from a certified National Coaching Certification Program coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in skateboarding (permanent impairment or even death may be suffered with a fall off the skateboard and striking the head without a helmet; most brain injuries happen when the head hits the pavement)

Safety rules are learned prior to participation; instruction includes road safety if skateboarding on roads and near traffic

Skateboarding skills/movements are learned in proper progression, including learning how to fall

Drinking water available and consumed as needed

### Supervision

**Note:** The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **constant visual supervision** during initial instruction and **in-the-area supervision** until participant has demonstrated safe practice and proper etiquette

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

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### Facility/Environment

Local weather conditions, forecast, humidity, and temperature are checked prior to outdoor session  
Activity area is free of hazards/debris  
Proper lighting is provided if skateboarding at night/indoors  
Safety rules/regulations are posted  
Instructions for use of facility are posted  
Emergency exit of indoor facility is clearly marked

### Equipment

Equipment to be used is suitable and in good condition  
Boards are selected that are appropriate for the type of riding to be done and the size of the rider  
Equipment is checked before every session  
Instructions are given regarding the proper maintenance of skateboarding equipment  
First aid kit and phone are available

### Clothing/Footwear

Appropriate protective equipment is worn at all times (Helmets and specially designed padding are recommended, but may not fully protect skateboarders from fractures; however, wearing protective equipment can reduce the number and severity of cuts and scrapes. Wrist braces and special skateboarding gloves also can help absorb the impact of a fall.)  
Appropriate footwear is worn, such as slip-resistant shoes  
Laces are tied and open-toed shoes are avoided  
Jewelry is removed or secured when safety is a concern  
Appropriate clothing is worn, permitting unrestricted movement

### Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program  
The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program  
Registration in an accident insurance plan is encouraged  
Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional  
The activity is suitable to the student's age, ability, mental condition, and physical condition  
The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate  
The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher