



## POSITION STATEMENT

### **CASEM RECOMMENDATIONS FOR SAFE IN-LINE SKATING**

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Revised October 2012 by:

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The Canadian Academy of Sport Medicine (CASEM) has concerns about injuries and safety in in-line skating. The CASEM's recommendations for safe in-line skating are based on the current limited scientific literature, experience from groups involved in in-line skating and knowledge of safety issues in similar sporting activities.

#### **1. Wear complete protective gear**

The CASEM recommends the use of a regulation helmet (ANSI, CSA, SNELL or CPSC), knee pads, elbow pads and wrist guards. Equipment should fit properly and be secured in place before each excursion. Protective equipment is most effective when **ALL** the gear is worn together. (Knox et al., 2006; Deroche et al., 2009; Konkin et al., 2006; Schieber et al., 1996). In-line skating carries a medium risk of dental trauma and thus mouth guards should be advocated for those participating in more advanced speed in-line skating (Fasciglione et al., 2007).

#### **2. Learn the basics**

The CASEM recommends that an individual must learn proper in-line skating techniques. When beginning to take up the sport, take the time to learn how to stop and maintain balance while skating. Practise in a flat area free from obstacles and vehicles. Avoid hills until you feel comfortable controlling your speed and have learned to stop effectively. (Knox et al., 2006; Konkin et al., 2006)



### 3. **Anticipate hazards**

Be alert for pedestrians, vehicles, and cyclists. Look for obstacles on the ground like uneven pavement and tree branches. Proceed with caution if a potential hazard is identified especially going downhill and approaching blind corners.

### 4. **Obey the rules of the road**

Traffic signals should be adhered to and signs posted in parks should be followed. This is especially important in crowded areas.

### 5. **Skate in safe areas under good conditions**

Skate in parks, playgrounds, and bicycle paths. Avoid wet conditions and always skate during daylight hours. (Konkin et al., 2006)

### 6. **Do not skate while being towed**

It is dangerous to be pulled by cars, bicycles or pets. Excessive speeds are generated which can not be easily controlled. The risk of injury and the severity of the injury increases when vehicles are involved.

### **For specific information about safe in-line skating:**

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### **General Information about CASEM:**

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