

Skating Safety

In Line Roller Skating Safety

In-line skating (roller blading) is a very popular recreational activity. This recreational activity can be hazardous when safety precautions are not taken. Approximately 26,000 people are treated in emergency rooms each year with In-line skating related injuries. Sprains, fractures, contusions and abrasions are the most common types of injuries. Fatal accidents due to collisions with cars and falls have also been reported.

Safety Tips for Experienced Riders and New Skaters.

- Wear a helmet, knee pads, elbow pads and gloves. Protective equipment should be designed for use with roller skates. An approved bicycle helmet must be worn on post during skating activities. USAREUR policy In-Line Skating and Skateboarding on

Government Controlled Areas and 409th BSB policy #43).

- Skate on smooth, paved surfaces without traffic. Avoid roads with water, sand, gravel or dirt.
- Do not skate at night.
- Never skate in traffic or hang on the bumpers of moving vehicles.
- Learn to stop safely by using the brakes pads, which are at the heel of most inline roller skates.
- Check skates frequently to make sure they are in good working order. Do not skate with damaged or unsafe skates.
- German law treats skaters the same as pedestrians. You must only use sidewalks or designated walking areas. You are not authorized to skate in traffic. On post you must also stick to the sidewalks.
- Skating on installation roads or tank trails is not authorized. Policy letter #43 Running/Bicycle Riding and Inline Skating

describes safety measures on U.S installations.

- Skaters will yield to pedestrians.

