

WHEELIE SHOES & SKATES

THE RIGHT SKATES:

- Check that your kid's feet feel comfortable in the boot or shoe, and their ankles are supported by a buckled or strapped top.
- Pick the right wheels for your skater. If your kid is new to skating, go with the smaller, softer wheel for stability. Bigger wheels allow for more speed and traction.
- Keep wheels in good condition and remove any debris that may have gotten stuck.
- Check skates and equipment at the beginning and end of every season.

BE SAFE WHILE RIDING:

- Make sure kids stay on designated paths or rinks and avoid the street if possible. Watch out for changes in street conditions, like water, potholes, cracks or rocks.
- Teach your little skaters to always skate under control and obey the rules of the road and yield to pedestrians. Always skate on the right side and pass on the left.
- Kids should be alert and watch for other skaters, walkers, runners, cyclists and scooter riders every time they skate. They should be aware of parked cars and for cars coming out of driveways

The Right Gear:

- All skaters, including caregivers, should wear protective gear like helmets, padding and mouth guards to reduce the risk of injuries.
- Kids should avoid listening to music while skating so they can hear the world and traffic around them.

DOWNLOAD THE **MAKE SAFE HAPPEN APP**

Developed in partnership with the safety experts at Nationwide Children's Hospital, the app helps you make your home safer. Get room-by-room safety checklists, link to recommended products, and set reminders.



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