



Guidelines for In-Line Skating

Section 10

Planning an Event



- Choose a route on bicycle paths, or other very low traffic, good surface roads with bicycle lanes or wide, clean shoulders
- Avoid urban areas, heavily trafficked roads, intersections, and hills. Consider using only flat paths or inexperienced skaters.
- Schedule skating with enough daylight hours for even the slowest skater to finish.



- Require lights and reflectors if skating after dark or before sunrise.
- If using roads, avoid left turns by going clockwise.
- Plan for frequent rest/water/food/bathroom stops. Require all skaters to carry water and food, even for short trips.
- Make a legible map and/or cue sheet with distances given; include emergency contact numbers, rest and lunch stops, and location of known hazards such as railroad tracks.



- Choose a starting location with ample parking and get permission if it is not public property.
- Describe the trip accurately for mileage, pace and terrain.
- Require everyone to wear helmets (same rules as for bicycle helmets). Strongly recommend everyone to wear all protective gear. Wrist guards, at the minimum, should be worn.
- For beginning skaters, consider suggesting they carry a knapsack or large fanny pack, with extra shoes, in the event of blisters, tired ankles, etc.

At the Event



- Never start skating if inclement weather exists. Never skate in the rain (it ruins the bearings in the skates) or on icy pavement.
- Welcome everyone and remind them:
 - Safety should be considered at all times.
 - All traffic laws should be obeyed where appropriate.
 - Helmets must be worn at all times while skating.
 - Why protective gear should be worn.
 - How to signal and verbalize (slowing, stopping, turning, passing, etc.).
 - They should get off the path/road when stopping.
 - To carry water, food and extra clothing.

At the event



- Announce path/road hazards such as sticks, cracks in pavement, wooden/metal bridges, posts, etc.
- If you are leading, appoint a sweep; if you are sweeping, appoint a leader.
- Tactfully coach skaters who do not follow the 'Rules of the Road' about how to improve their skating etiquette.
- Make certain all participants are accounted for at stops and the finish.
- If skating ability varies significantly within the group, break group up into slow and fast packs, each with a designated leader to account for the members.



End of Safety Guidelines for Inline Skating