

Be careful when riding a skateboard

Skateboarding is a popular activity, enjoyed by many young people.

However, it's also an activity that causes many injuries.

Caledon OPP has some safety tips to skateboard enthusiasts, young and old. Police are also reminding people that riding a skateboard on a highway is prohibited by Town bylaws. The Caledon Skate Park is at the North Hill Park, adjacent to the Caledon Centre for Recreation and Wellness in Bolton. This is a great location for skateboard enthusiasts.

Safety Tips

? Skateboard only on smooth pavement.

??Protective equipment, such as closed, slip-resistant shoes, helmets and specially-designed padding, may not fully protect skateboarders from injury, but wearing it can reduce the number and severity of cuts and scrapes.

? Padded jackets and shorts; as well as padding for hips, knees and elbows; wrist braces; and special skateboarding gloves also can help absorb the impact of a fall.

??Look for proper fit and a chin strap in a helmet; notice whether the helmet blocks vision and hearing. Never wear earphones or any other device that prevents hearing.

? Give the board a safety check each time it's ridden and use a good quality skateboard.

? Learn the basic skills of skateboarding, especially how to stop properly.

? Don't skate in crowds of non-skaters.

? Only one person per skateboard.

? Never hitch a ride from a car or bicycle, etc.

??Don't take chances. Complicated tricks require careful practice and a specially-designated area.

For public safety tips, residents are encouraged to check out opp.ca