

Biking, Rollerblading, and Skateboarding Safety

People of all ages enjoy rollerblading, skateboarding, and bike riding. These activities are great forms of exercise, but sometimes they can cause injury. There are some rules you can follow that will help you stay safe and keep from getting hurt while enjoying the activities.

What are some common injuries caused by these activities?

Common injuries from bike riding, rollerblading, and skateboarding are:

- Cuts and scrapes
- Broken collarbone, wrist, leg, or arm
- Sprained ankle
- Concussions (brain injury)

What are some common kinds of safety equipment to use?

Always wear a helmet during all of these activities. Helmets are the most important safety precaution you can take. Make sure the helmet fits correctly

Knee pads, elbow pads, wrist guards, and hand guards can help protect you from cuts and scrapes if you fall when you are rollerblading and skateboarding.

What are some common safety rules to observe?

When you ride a bike on the road or highway, always ride on the side of the road where traffic is going in the same direction as you. Go with the flow of traffic.

When you rollerblade:

- Watch out for people who are walking or running on the same path or trail.
- Be careful if the path is wet or if it is raining. Slick trails make it easy for a skate to slide out from under you and cause a fall.
- Be careful when dirt, leaves, or gravel are on the trail. They can cause you to slip.

When you skateboard in a terrain park, be sure to check all of the jumps and other equipment before you do any stunts.

How can I help prevent an injury?

- Always wear a helmet. It is the best way to prevent injuries.
- Follow the rules of the road. Obey traffic lights and signs. Stay on the correct side of the road.
- Avoid pedestrians.
- Never bike, rollerblade, or skateboard out of control. Stay within your comfort level.
- Don't take unnecessary risks.

Developed by RelayHealth.

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