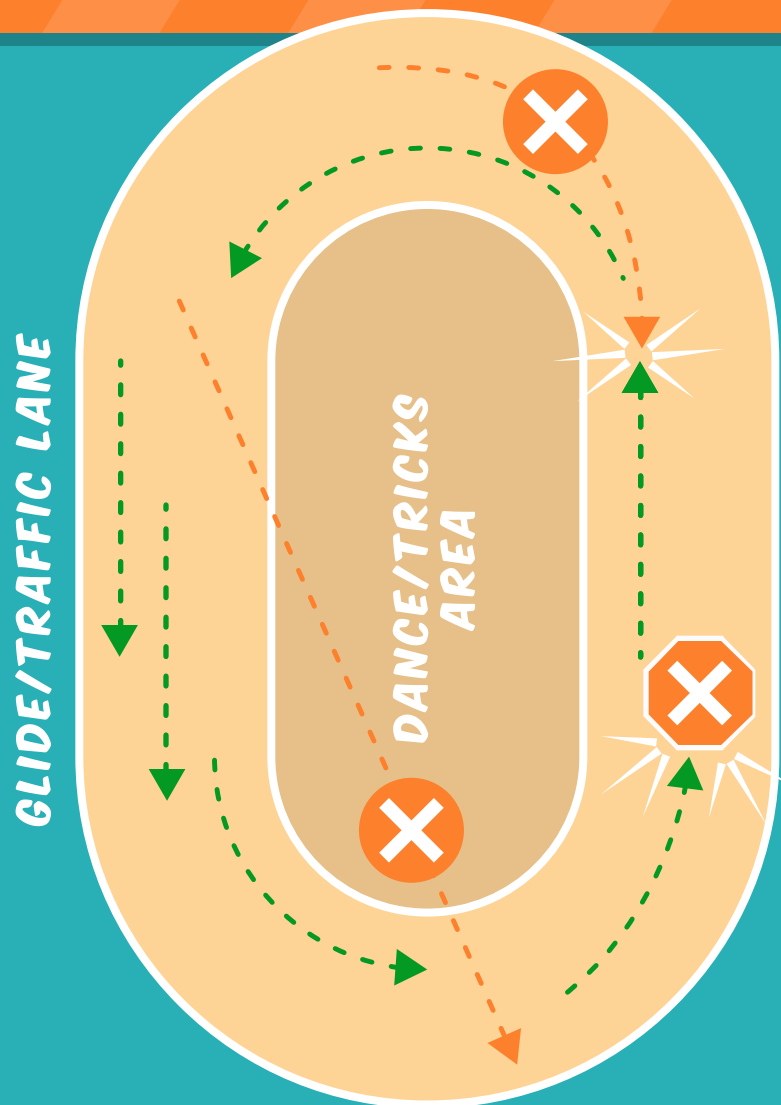


ROLLER RINK SAFETY TIPS

THE BASICS



GLIDE LANE

This area is for most skaters traveling in a continuous forward pattern.

THE MIDDLE

This area is for tricks/dance skating. Skaters may be moving in multiple directions here so it's important to watch for others.

ONE WAY

All skaters travel in the same counter-clockwise direction unless the DJ says otherwise. NEVER skate against the flow of skaters for any reason.

NO STOPPING

Never stop or stand on the skate floor (even along the side). This blocks the flow of skaters and causes collisions.

NO CUTTING

Never cut across the glide lane or the middle, this is extremely dangerous!

BE AWARE

Always know who is around you at all times to prevent collisions. Be courteous and respect the space of others.

BE IN CONTROL

Never skate faster than you can control. Show-offs are not cool, they are obnoxious and dangerous to others.



FALLING

Pull your hands and fingers in for safety and try to get up as quickly as possible. If you're not injured, don't sit or lay on the floor. Oncoming traffic does NOT stop!

MORE TIPS

1

WEAVING

You may enjoy the feeling of weaving, but remember, people don't have blinkers. Predictability is important in a crowded rink and erratic back and forth skating can be dangerous. ALWAYS watch over your shoulder before moving sideways.

2

GO WITH THE FLOW

During a public session, do not skate in racing or derby patterns. This is equivalent to cutting the lane and leads to collisions. Save it for practice when everyone on the rink is in the know.

3

ENTERING/EXITING

Use care when entering the skate floor. Wait until there is a reasonable space to step out and pick up speed quickly. When preparing to exit the floor, carefully merge your way to side, do not cut across the lane. A hand signal is also a good idea to let others know your intention to slow down and exit.



LEND A HAND (SIGNAL)

A hand signal can let other skaters know you wish to exit the skate floor or alert others to a potential danger.



NO FOOD/DRINKS

Never ever EVER bring food or drinks onto the skate floor. If there is a spill, it can create a slippery mess or a serious tripping hazard.

