

# SAFE ROLLIN'!

## SKATE SHOES

also know as Roller Shoes  
or by the brand name, Heelys®



## RULES OF THE HEEL

- NEVER "ROLL" FASTER THAN YOU CAN WALK.
- AVOID ROLLING ON ROADS, SIDEWALKS AND WET SURFACES.
- DO NOT ROLL OVER ROCKS, SAND OR WATER.
- ALWAYS WEAR PROTECTIVE GEAR - SUCH AS A HELMET AND WRIST, ELBOW & KNEE PADS - WHEN USING SKATE SHOES.

LIKE OTHER SPORTS, THERE IS A LEARNING CURVE, SO LEARN TO ROLL SAFELY AND PROPERLY



**Safe Kids.**  
Connecticut

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expect great things™



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## SKATEBOARDERS!

- ALWAYS WEAR A MULTI-SPORT HELMET (JUST A BIKE HELMET ISN'T SAFE) AND PROPER PROTECTIVE GEAR.
- LEARN TO FALL - PRACTICE ON GRASS OR A SOFT SURFACE
- NEVER RIDE IN THE STREET



- CHECK YOUR BOARD EACH TIME YOU RIDE, FOR SAFETY.

## BIKE RIDERS!

- ALWAYS WEAR A PROPERLY FITTED HELMET, EACH TIME YOU RIDE.
- WEAR BRIGHT CLOTHES AND REFLECTORS SO YOU CAN BE SEEN BY DRIVERS.
- WEAR PROPER FOOTWEAR -NO SANDALS, HIGH-HEELED SHOES OR CLEATS - WHEN BIKING.
- NO RIDING BAREFOOT!
- FOLLOW THE RULES OF THE ROAD WHEN YOU RIDE AND USE ARM SIGNALS WHEN YOU TURN.
- CHECK OVER YOUR BIKE BEFORE YOU RIDE.

