

RULES OF SAFE SKATING

- A. Keep your hands off the floor when standing up
- B. Tie back long hair.
- C. Do not skate with your hands in your pockets.
- D. Wear the right Clothes.
- E. Jewellery should be small and discrete.
- F. No mobile phones when skating.
- G. Look out when going backwards.
- H. Do not take food or drink into the skating area.
- I. Make sure boot laces do not drag on the floor.
- J. Check your skates regularly.
- K. Obey a safety request from a coach immediately.
- L. Observe “coned off” areas.