



**CANADIAN ACADEMY OF SPORT MEDICINE  
ACADÉMIE CANADIENNE DE MÉDECINE DU SPORT**  
*“Committed to Excellence • L’excellence dans la pratique”*

## **POSITION STATEMENT**

### ***CASM RECOMMENDATIONS FOR SAFE IN-LINE SKATING***

*(Revised March 2007)*

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*This position statement was prepared by the Canadian Academy of Sport Medicine (CASM) Sport Safety Committee. This position statement was approved by the CASM Board of Directors as a CASM position statement in July 1998 and revised in March 2007.*

The Canadian Academy of Sport Medicine (CASM) has concerns about injuries and safety in in-line skating. The CASM's recommendations for safe in-line skating are based on the current limited scientific literature, experience from groups involved in in-line skating and knowledge of safety issues in similar sporting activities.

#### **1. Wear complete protective gear**

The CASM recommends the use of a regulation helmet (ANSI, CSA, SNELL or CPSC), knee pads and elbow pads. Equipment should fit properly and be secured in place before each excursion). Protective equipment is most effective when **ALL** the gear is worn together.

#### **2. Learn the basics**

The CASM recommends that an individual must learn proper in-line skating techniques. When beginning to take up the sport, take the time to learn how to stop and maintain balance while skating. Practise in a flat area free from obstacles and vehicles. Avoid hills until you feel comfortable controlling your speed and have learned to stop effectively.

#### **3. Anticipate hazards**

Be alert for pedestrians, vehicles, and cyclists. Look for obstacles on the ground like uneven pavement and tree branches. Proceed with caution if a potential hazard is identified especially going downhill and approaching blind corners.

#### **4. Obey the rules of the road**

Traffic signals should be adhered to and signs posted in parks should be followed. This is especially important in crowded areas.

**5. Skate in safe areas under good conditions**

Skate in parks, playgrounds, and roller rinks. Avoid wet conditions and always skate during daylight hours.

**6. Do not skate while being towed**

It is dangerous to be pulled by cars, bicycles or pets. Excessive speeds are generated which can not be easily controlled. The risk of injury and the severity of the injury increases when vehicles are involved.

**For specific information about safe in-line skating:**

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**General Information about CASM:**

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