

GOSKATZBOARDING

INTERNATIONAL SKATEBOARD CERTIFICATION PROGRAM/SKATZ



**Use your head.
Wear a helmet.
Your head is worth it!**



Pads are snug to the head but not tight. Back of helmet should not touch nape of neck.



One finger under chin strap. Helmet should be snug and comfortable.



Helmet sits two fingers above the eyebrows.



No hats except for a liner or thin shell.



No high pony tail.

SAFE SKATEPARK Etiquette Tips

Interacting properly in a park can keep you and others safe.

TIP 1: Signalling to take turns

Raise of the hand or motion of beginning the trick.

TIP 2: Telling people when you have a stray board

Yell out to your fellow boarders to announce when your board has come away from you – “Board!”

TIP 3: Taking turns

Looking for other people waiting to go and being patient if others came first.

TIP 4: Standing clear

Look at where it is clear to stand, for example stay clear of obstacles and pathways that run up to obstacles. On the deck of a ramp, stay back from the coping as not to interfere with anyone skating at the moment.

TIP 5: Flow

Familiarize yourself with the layout of the park and observe the patterns and flow that skaters use towards the obstacles. Try not to skate against/across this flow.

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DO'S AND DON'TS of Skateboard Helmets

- Check for the safety sticker inside.
- No decorating helmets with paint or stickers.
- No cracks, dents, or damage.
- If in doubt, throw it out!

Wearing the right helmet is key for safety!

It's best to choose a helmet that has been ASTM F1492, Snell N-94, CEN or CE certified. Other helmets, such as bicycle helmets, are designed to take impact differently and offer different areas of protection.

Skateboarding helmets help skateboarders stay safe. ISCP/SKATZ encourages the use of elbow pads, knee pads and wrist guards to make for a better and safer skateboarding experience.

**Respect Yourself,
Respect Others,
Respect the Park,
SKATE SAFE!**

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