

SAFETY

EQUIPMENT CHECK & SAFETY TIPS

- ⇒ Read through this equipment check list every time before you start rolling with your Heelys. Thoroughly read and understand the manufacturers' warnings on all protective gear before using. Be aware of single-use protective gear and helmets.
- ⇒ Make sure all your protective safety equipment is not cracked, broken, or damaged in any way. If you have any single-use gear (particularly a helmet) that gets damaged impact, make sure you replace it immediately.
- ⇒ Only use a helmet that fits you properly and keep it fastened. Never wear the strap too loose around your chin in order to prevent it from shifting or falling off.

NOW THAT YOU'VE CHECKED ALL YOUR SAFETY EQUIPMENT, MAKE SURE YOU CHECK YOUR HEELYS AS WELL!

- ⇒ Make sure the wheels are not obstructed. This could include rocks, paper, or any other objects that could be lodged in the wheel base.
- ⇒ Check the laces to make sure they are not worn out nor have tears. Always keep your laces tied while skating for a smooth ride.
- ⇒ Make sure the wheels are not worn down, have dents or cracks. If you notice any of these problems or any other damages, be sure to replace the wheels before you skate.
- ⇒ Once you have all your protective gear and Heelys on, practice braking to make sure you can stop at any time necessary. If you need to stop or slow down quickly, practice transitioning from skating to walking or stopping by simply putting your toes down.
- ⇒ After you've followed all these guidelines you're ready to go out and skate! Just remember these safety tips and don't forget to go through the whole checklist every time before you put on your Heelys. Always be courteous and skate safely!

