

R I D E



S A F E

## *Bicycle and In-Line Skating Safety for the 2000s*

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### In-Line Skating—Fastest Growing Sport

#### **Injuries Up Dramatically**

by Mary Beth Luhrsen

Last year, the Consumer Product Safety Commission (SPSC) released some alarming news on in-line skating, now the fastest growing recreational sport in America. They projected 83,000 serious injuries in 2005, more than double those of 2004. Even more alarming is the fact that children under age 15 account for 60% of these injuries.

The point is that in-line skating can be quite dangerous. Skaters often share the pavement with cars, trucks, bicyclists



pedestrians, and pets, and encounter loose gravel, potholes, puddles, and cracks. Add to that the fact that it's possible to achieve speeds exceeding 30 miles per hours, and you've got "accidents" waiting to happen. Most injuries are wrist fractures. Head injuries are not far behind. In fact, the CPSC projected that in 2005, 7,000 people would sustain head injuries—by far the

most disabling and even fatal of all in-line skating injuries.

Fortunately, safety education and appropriate protection can make a difference.

#### **IISA\* Rules of the Road**

##### ***Skate Smart***

- Always wear protective gear
- Learn how to move, stop, and turn

##### ***Skate Alert***

- Control your speed
- Watch for road hazards

##### ***Skate Legal***

- Obey traffic regulation, (you have the same rules as any wheeled vehicle)

##### ***Skate Courteous***

- Skate on the right, pass on the left