

Rollerblading Tips

The Tampa Parks and Recreation Department wants you to be safe while enjoying the beautiful Tampa scenery, so please remember these tips.

Protective Gear: Helmets should be as snug as possible and worn low on the forehead, approximately one inch above the eyebrows. Helmets should be safety tested by one of the national agencies. Wrist Guards should fit over your hands like a glove to absorb the shock of a fall. Elbow and Knee Pads should be cushioned and fit snugly. If they are too small, they will pop off; if they are too big they will slide off.

The Right Skates: Skates that are too big do not support the ankles and are difficult to direct and control. Slide your toe down to the front of the skate. If there is room behind your heel, the skates are too big.

- All beginners should learn to skate inside.
- Do not skate in traffic.
- Skate on a flat, smooth surface.
- Skate on the right, pass on the left.
- Yield to pedestrians when skating on sidewalks or trails.
- Do not combine tasks, such as walking the dog, when skating.
- Do not skate at night.
- Do not skate in low visibility weather.
- Do not wear anything that will obstruct your safety gear, such as portable radio/headphones.
- Check wheels periodically to make sure they are not loose.