

# Skateboarding Safely

## Never too old to be safe

### Skateboards are best ridden in safe areas away from busy roads

#### Where else can I use a skateboard?

Skateboards can be used on:

- a footpath unless there are signs saying you can't
- a road with no dividing lines or median strip
- a road where the speed limit is 50km/h or less
- a one-way road with less than two marked lanes

You must keep as far left as possible and give way to pedestrians.

#### Are there times when I can skate on roads?

Skateboards can be used during daylight hours on roads but not during times of low visibility such as sunrise, sunset and night. Makes sense doesn't it?

#### Is it compulsory to wear a helmet when I skate?

It's not compulsory, but as helmets are designed to protect a person's head in a fall, it's strongly recommended. Even the best skaters wear a helmet.

#### What other safety gear could I wear?

Safety gear such as elbow pads and knee guards help to cushion the impact when you fall. Wear visible clothing so you can be seen and be safe.

### Q&A

#### More information

<http://bit.ly/2SKEHWI>

