

30th CRAIGALMOND

24 Quality Street Lane
Davidson's Mains
Edinburgh, EH4 5BU



Skater Activity Badge

How to earn your badge

1. Use a skateboard – or in-line, quad or ice skates – for at least three months.
2. Learn some safety rules about skating on the road and in other public places. Show what clothing and protective equipment you need to wear for your activity. You might include helmets, knee pads or elbow pads.
3. Show how to start, stop and turn safely.
4. Show how to fall safely and regain balance.
5. Show how you do three different manoeuvres. You could demonstrate travelling backwards, spinning, jumping or turning.



Name:

List some safety rules for skating in public?	
What protective clothing do you need to wear?	
What equipment do you need for your sport?	
Have someone sign to say that you have been skating (inline or ice) for at least 3 months	Signed
Have someone sign to say that you can start and stop safely	Signed
Have someone sign to say that you can fall safely and regain balance	Signed
Have someone sign to say that you can do three different manoeuvres	Signed