In Line Skating

Study Guide

Safety:
1) In class you must wear knee pads, elbow pads, wrist guards and a helmet (that is buckled).
2) Make sure you skate at a speed where you can stop or turn.
3) When falling make sure to fall on to your safety pads to absorb the shock. If you fall backwards, tuck your chin to your chest to avoid hitting your helmet (and head) on the pavement.

Rules for class:
1) Be alert at all times.
2) Stay away from the classrooms.
3) Do not wave into or disturb classes.
4) Watch for cars and pedestrians.
5) When returning equipment at the end of class, put your pads back in the bag, helmet into the bin and tie/attach skates together.

Skills:

Ready position:
   Athletic position with feet in a “V”.
   Keep weight forward and low.
   Caution: don’t fully extend your joints.

Forward motion:
   V pattern with skates.
   Push back and to side.
   Glide after push.

Backward motion:
   Push forward keeping skates parallel in C motion.
   Backwards hourglass or draw hearts.

Braking:
   Heel stop – bring right leg forward, push down onto heel brake.
   T-stop – bring back foot perpendicular to front skate.
   Snowplow- Point toes in/press heals out.
Turning:
   Cross over
   A frame – weight on right to turn left or weight on left to turn right.
   In-line turn – right foot forward to turn left or opposite.
   180 sweeping turn – turn left, pivot on right, sweep left.
   180 jump turn – jump in air, turn your body, keep skates parallel.

Skating on hills:
   To get up a hill use short, powerful strides.
   While going downhill, make sure to keep body weight forward.
   If it is a big hill, traverse the hill in a snake like pattern.

Skate maintenance:
   Check for wear on wheels and tightness of screws.
   When wheels wear unevenly, rotate them.
   Turn the wheels 180 degrees, and switch wheels 1 & 3 and 2 &4.