SUBMITTED BY
Irmgard

ON
2016.04.06

★ ★ ★ ★ ★
Keine Stimmen

Inline skating



Inline skating offers many ways to make physical education fun and attractive.

Curve runs, pirouettes, jumps, trick riding and inline hockey make inline skating an extremely interesting and varied lesson content.Coordinated skills are addressed and improved, the condition can be promoted in a joint-friendly way.

Important

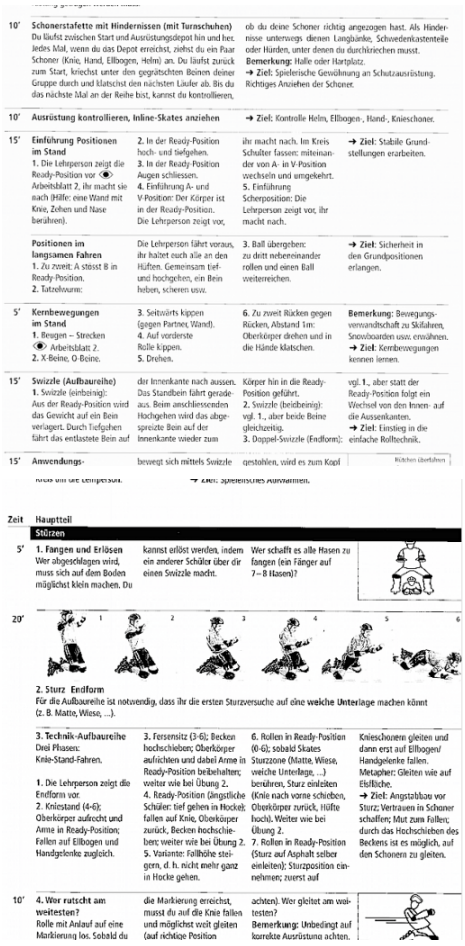
- Tape light-reflective strips to the skates at the back and front. At night, carry a white light shining to the front and a red light shining to the back that can be easily seen. This can be attached to the clothing.
- Only ride on traffic-free squares, on sidewalks, pedestrian and bicycle paths.
- Ride on side streets with low traffic volume only if there is a lack of sidewalks, as well as pedestrian and bicycle paths along the road.
- Respect the signal "prohibition for vehicle-like devices" and respect the "prohibition for pedestrians"
- Brakes and "crumple zone" are an important part of accident prevention! Make sure elbow and knee pads are stockinged.

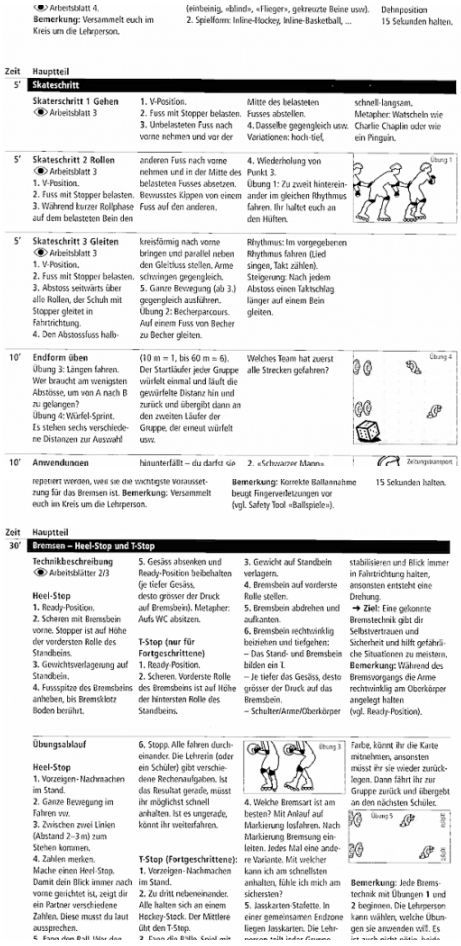


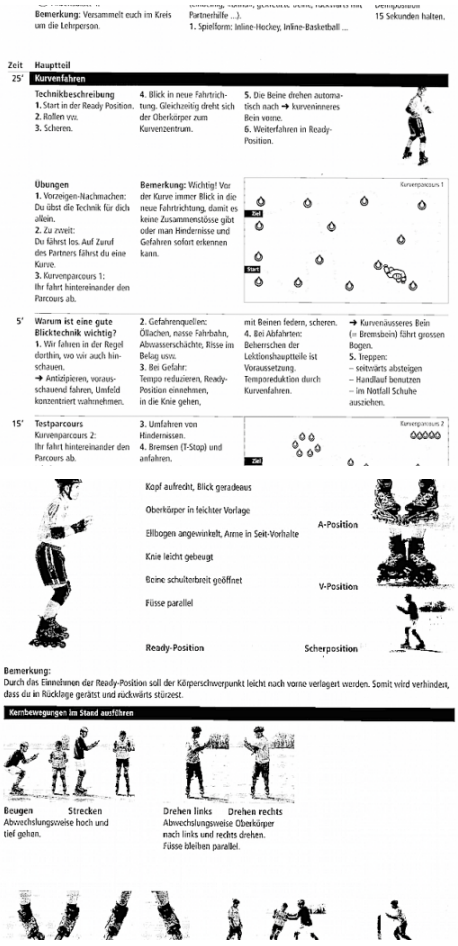
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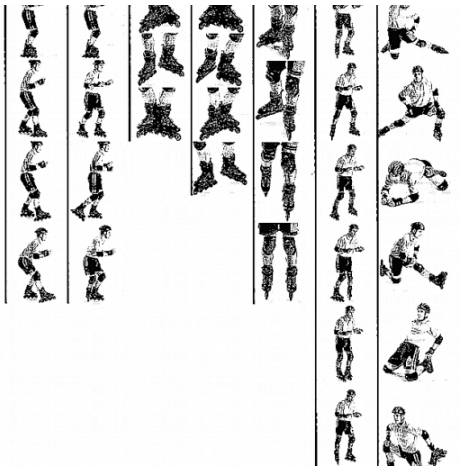
Start_Article

Pictures related to: basics, riding, curves, crashing, braking, technique, row pictures









Source reference:
Content and images: Swiss Council for Accident Prevention, bfu, Bern **copyright:** www.safetytool.ch www.bfu.ch erz [at] bfu.vh (erz[at]bfu[dot]vh)

The Safety Tool was developed as part of Reto and Rainer Langenegger's gymnastics teacher diploma thesis in collaboration with Jugend+Sport

see also: SISA Switzerland. Inline skating binding www.inlineinstruktoren.ch

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