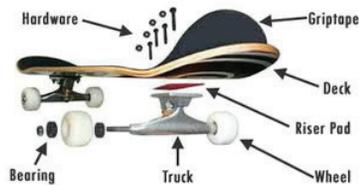


Skateboard Equipment

Skateboards

Skateboards come in all kinds of shapes and sizes. A board used to perform tricks is referred to as a short or standard board (under 33"). A downhill board is referred to as a longboard (over 35"). Boards for cruising or transportation can be done with any type.



Helmet

Purchase a helmet that is specifically meant for skateboarding. Helmet tips:

- Strong strap and buckle
- Strap should be securely fastened and snug.
- Replace when damaged, outgrown, or every five years.

If you are 15 years of age or under, it is mandatory to wear a helmet within City of Columbia limits (City Ordinance Section 16-238).

Pads

Properly designed pads have a hard plastic shield and should not hinder your movement or constrict circulation. Beginners should use the following

- Wrist guards
- Knee
- Elbow pads

Shoes

Skate shoes are designed with a large flat bottom covering more surface area for a better grip on the board. Wear shoes specifically designed for skateboarding, made of suede with slip resistant, gum rubber soles for extra traction. Skate shoes have reinforcement in areas where you'll likely wear the shoe down.

Before You Start

Stay in Shape and Stretch: The better shape you're in, the better you'll be at all physical activities. Warm up and stretch before you skate, especially your back, legs, and ankles.

Skateboard Stance: Next, you'll need to figure out whether you are "goofy" or regular footed. This means whether you should skate with your right foot forward, or your left. Tip - Go to a staircase and take a step up. Whichever foot was used to step up first is likely your back foot.

Gear Check: Check for cracks, sharp edges, eroding grip tape, damaged wheels or bearings, and loose parts. This will not only ensure your safety, but also the life of your skateboard. Get professional help to repair serious defects.

Know and Practice Skateboard Etiquette: Wait your turn and be aware of other skaters prior to blindly dropping in. Collisions can happen if skaters don't pay attention or communicate with each other.

While Riding

Falling and Stopping: Learning proper techniques can help reduce your chances of injury. If you start to lose your balance, crouch so you will not have as far to fall. Try to land on the fleshy parts of your body and roll rather than absorb the force of the fall with your arms and hands. Try to relax your body, rather than go stiff.

Be Honest About Your Abilities: Don't attempt tricks or maneuvers that are too advanced for you. This may well save you embarrassment as well as an injury to yourself or others. Bigger tricks, bigger features, and bigger hills equal bigger injuries. Once you've learned a couple of tricks - practice, practice, practice.

Location: Avoid riding on wet surfaces. Not only is it much harder to keep your traction on a wet surface, it can also cause water damage to your board. Don't skate in poorly lit areas and clear the area of anything that might interfere with your wheels. Ask permission to skate on private property.

A Few Other Tips and Reminders

- Never hitch a ride from a vehicle or bicycle.
- Skate without headphones so you can be aware of your surroundings.
- When your skateboard is not in use, make sure to lean it against a wall or set it on its side - not on all four wheels. Others may not see it and can slip and injure themselves.
- Experienced staff at skateshops can give advice on what to buy, board assembly, and know how you can get the most out of your gear. Experienced riders will know great places to ride and are very willing to provide trick tips, etc.
- Skateboarding accidents happen. Know what to do in an emergency situation. Don't panic and call 911 for medical assistance.

Different Braking Styles

Foot braking: Take off your back foot and drag it on the ground.

Heel or Toe Drag: Place the heel or toe of your back foot so that it is sticking off of the back of the skateboard. Lean back so that the front of the board comes up into the air. Your heel should drag a short ways, and you should stop.

Powerslides: Spin your board to the side and skid to a stop. This is an advanced move requiring speed - allows for an immediate stop.

Columbia Skate Park Rules

- No glass containers, food, or beverages allowed on the skating surface. Spills jeopardize the skaters.
- No other items such as benches, tables, wood materials, or other objects used as ramps or jumps are allowed in the skate park facility.
- No pets are allowed in skate park area.
- No skating against traffic on ramps or pipes.
- Do not proceed down a ramp until clear of other skaters.
- Hours of permitted use are from 7:00 a.m. to sundown.
- Alcohol, tobacco, and or drugs are prohibited.
- Bicycles are not allowed in skatepark area.

Skatepark & Transportation Tips



Skateboard Safety Guide



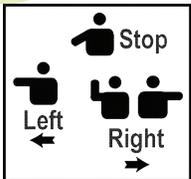
Columbia Skate Park Rules (cont'd)

Maintain the Columbia Skate Park and keep it clean. Report any problems or maintenance issues to the Columbia Parks and Recreation Department (CPRD) (573)874-7201. Dirty skateparks with trash and debris lying around are not only an eyesore but can be dangerous.

City of Columbia Rules of the Road

The City of Columbia amended Ordinance 14-5 allowing skaters to enjoy all the same rights and freedoms of bicyclists. Along with these rights come the same responsibilities. Skaters must follow and abide by these rules:

- When on any road, sidewalk or public path skaters shall use the device in a careful and prudent manner at a rate of speed reasonable taking into account the conditions during operation (pedestrian traffic, grade, width of sidewalk, condition of the surface, etc.)
- Obey all traffic laws - no speeding, ignoring traffic lights or street signs, going in the on-coming lane, making illegal passes, etc.
- No skitching - don't grab onto and get pulled by motorized vehicles
- Stay as far to the right as is safe on roadways except when making a left hand turn
- Operate the device with the flow of traffic
- Use hand signals when turning or stopping on roadways. (see below)



- Skaters are not allowed on any sidewalk or parking garage within the boundaries of the Central Business District. The District is bound on the north by Rogers Street, on the east by College Avenue, on the south by Elm Street and on the west by Providence Road.
- All skaters using a sidewalk or public path outside of the Central Business District shall yield the right-of-way to all pedestrians.

Rules of the Road (cont'd)

- Wear a front-facing light and a rear-facing reflector one-half hour after sunset to one-half hour before sunrise that is visible from at least 600 ft. away.
- No person 15 years of age and under shall skate within the city limits without properly wearing a helmet securely fastened.
- No person less than 9 years of age is allowed to skate on any street unless accompanied by his or her parents or other responsible adult.

Be a Positive Member of the Community

While many cities throughout the U.S. are banning skateboarding, the City of Columbia has worked with skaters to figure out ways to allow skating for transportation and is pursuing locations for constructing skate spots - smaller skate venues around the City. As a skater, please do your part and be a positive member of the community. Respect the laws that are in place and encourage others to do so as well.

Construction of the Columbia Skate Park was due to advocacy efforts of local skaters in partnership with Parks and Recreation. Numerous hours of advocacy work led to the reverse of the skateboard ban in Columbia. Please follow the rules of the road and the Columbia Skate Park and tell your friends to do the same.



*Creating Community through
People, Parks and Programs*

Parks and Recreation Administrative Offices
1 S. 7th St.
Columbia, MO 65201
(573) 874-7460

For more Information, call (573) 874-7460
or visit www.GoColumbiaMo.com/parksandrec