

# ICE SKATING SAFETY

Ice skating is a fun winter activity, and also great exercise. The National Safety Council offers these tips to help you and your family enjoy safe skating.

**Wear skates that fit comfortably and provide enough ankle support to keep you on your feet.**

**Have the blades professionally sharpened at the beginning of each season.**

**Skate only on specially prepared skating areas where you are sure the ice is strong enough to withstand your weight.**

**Never skate on an untested lake or pond, the safest ice is at a rink.**

**Always check for cracks, holes and other debris.**

**Before setting out skating learn basic skills such as how to stop and fall safely.**

**Wear warm clothing and rest when you become tired or cold.**

**Never skate alone.**

