

## Ice Skating and Roller Skating



**Council approval:** Not Required - for indoor / rink skating  
May be Required - for skating on frozen lakes

**Activity Permitted for:** D, B, J, C, S, A

### About Skating

Indoor skating, whether ice skating or roller skating will most likely not require a helmet. If the facility offers safety gear, including helmets or wrist guards, always opt to take the safety gear for girls. Always check with your council for prior approval for outdoor ice skating and roller skating - especially when planning to ice skate on frozen lakes.

**Know where to skate.** Connect with your Girl Scout council for site suggestions. Also, to find a skating rink by region, visit the rink locator link at [rinktime.com](http://rinktime.com). Girls skate at night only in well-lit areas. For skating on frozen lakes, always select a site designated for skating and confirm temperature and ice conditions are safe for skating. Prior approval from your councils is required for skating on frozen lakes.

**Include girls with disabilities.** Communicate with girls with disabilities and/or their caregivers to assess any needs and accommodations. Learn more about the resources and information that the [National Center on Health, Physical Activities and Disabilities](http://www.nationalcenteronhealth.com) provides to people with disabilities.

### Safety Gear (for skating outdoors and in-line skating)

- Bike helmet or other helmet with the American National Standards Institute or SNELL Memorial Foundation seal, or both (helmets must be as snug as possible and be worn low over the forehead, approximately 1 inch above the eyebrows)

### Recommended Gear

- Wrist guards that fit like gloves
- Clothing that allows freedom of movement
- Long-sleeve shirt to help prevent scrapes
- Snug-fitting elbow pads and kneepads

### Safety Activity Checkpoints

- **Select a safe site.** Obtain council guidance in selecting the skating site; rinks are considered safest, but ensure that the rink has a smooth skating surface free of debris. The rink manager is called in advance to arrange for large groups or for practice sessions. The rink is adequately staffed to monitor the size of the crowd. Local

ordinances or parks offices are checked to see whether skating is permitted on bike paths or in city parks.

- **Select proper-fitting skates.** Girls receive instruction in selecting the proper skate size. Skates are properly fitted, securely laced, and properly tied. Skate wheels, boots, and plates are kept clean and in good condition and are inspected. Girls never skate with broken or missing laces. No dangling decorations are attached to the laces.
- **Prepare for emergencies.** Ensure the presence of a first-aid kit and a first-aider with a current certificate in First Aid, including Adult and Child CPR or CPR/AED, who is prepared to handle cases of injury from falls, especially abrasions. If any part of the activity is located 30 minutes or more from emergency medical services, ensure the presence of a first-aider with Wilderness First Aid.
- **Practice safe outdoor skating.** Outdoors, girls skate in areas where traffic or pedestrians will not interfere. Check local ordinances for any restrictions. Girls skate in the street or in a parking lot only if it is closed to traffic. When skating on a walkway, yield to pedestrians. Skate on the right side, pass on the left.

**Follow basic in-line and roller-skating safety standards\*. Respect safety rules, such as:**

- Everyone skates in the same direction.
  - Girls do not stop in the main skating area (when skating in a rink).
  - Skaters yield the right-of-way to those already in the rink.
  - Skaters do not cut across the paths of other skaters.
  - Skaters do not push, shove, or race.
  - A falling skater does not grab hold of another skater.
  - A fallen skater rises quickly, unless injured.
  - Girls do not skate faster than their ability to stop
  - Skaters do not wear headphones while skating.
  - Loose or sharp articles, such as handbags, combs, and keys are not carried onto the rink.
  - Roller Skating Association International: [Roller Skating Association](#)
  - Keep skates in top shape. Avoid water, sand, and debris, which damage wheel bearings.
  - Learn how to brake and stop. Before skating, read about the safest ways to stop, based on skating ability level, at [Skating Techniques](#) Moves include the wall stop, the brake-pad and the snowplow.
  - For frozen lake skating, take the Ice Safety Quiz (also used for Ice Fishing) below:
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## Ice Safety Quiz

Please read information from both the Minnesota and Wisconsin Department of Natural Resources website on ice safety. Then take the quiz below and submit to your council.

[Ice Safety - MN Department of Natural Resources](#)

[Ice Safety - WS Department of Natural Resources](#)

True or False:

1. \_\_\_\_ Booming and Cracking ice is very dangerous.
2. \_\_\_\_ Ice freezes uniformly. If the ice is 12 inches thick in one area of the lake, then it is 12 inches thick everywhere else.
3. \_\_\_\_ New clear ice is safest, strongest ice.
4. \_\_\_\_ If you fall through, you should remove your winter clothes immediately in the water to help keep you afloat.
5. \_\_\_\_ Ice, six inches thick, can support a pick-up truck.
6. \_\_\_\_ A ladder can be used to assist someone who has fallen through.
7. \_\_\_\_ Ice claws are simple to make at home and a very convenient tool to help yourself get out of the water.
8. \_\_\_\_ If you were to fall through, you should swim away from where you came from, since that ice must be very thin.
9. \_\_\_\_ It is recommended to wear a life jacket underneath a winter coat while on the ice.
10. \_\_\_\_ Cold blood can linger in your arms and legs and suddenly rush to your heart and cause cardiac distress.

Short Answer:

1. Where can you find information about lake conditions?
2. What are some ways to measure the thickness of the ice?
3. What are some items that you should always bring with you out onto the ice?
4. What 5 ways can you assist someone exiting the lake after breaking through?
5. After someone falls through and they successfully exit the water, how would you treat them for hypothermia?