



**Skatepark
Risk Management Guidelines**

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Acknowledgments

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WFTDI Skatepark Risk Management Guidelines for Quad Skates

1. Purpose

The WFTDI Skatepark Risk Management Guidelines have been developed in order to increase awareness and help reduce the risks to individuals and organizations from damages and unexpected injuries for those who participate in the sport park skating on quad roller skates. A skatepark is defined as a purpose-built, recreational area having structures and surfaces made for roller-skating. A skatepark may contain half-pipes, spine transfers, handrails, funboxes, vert ramps, pyramids, banked ramps, full pipes, pools, bowls, snake runs and stairsets. These guidelines include minimum standards and recommendations for WFTDI insured members and may be considered best practices for all skatepark roller skaters.

The following guidelines apply to all activities, expositions and tournaments when WFTDI Skatepark Insurance is in effect. Compliance with these guidelines is a condition of coverage of the WFTDI Skatepark Insurance General Liability and Personal Accident policies. Noncompliance with the WFTDI Skatepark Risk Management Guidelines is grounds for denial of insurance coverage.

Information about injury prevention and risk management evolves on a constant basis. As a result, the WFTDI Skatepark Risk Management Guidelines are modified and updated regularly. If you have questions, comments or suggestions, please email compliance@wftdi.com. Emails are seen by the Compliance Manager. Questions may also be directed to insurance@wftdi.com.

2. Conditions

Because of the additional hazards and liabilities inherent in skatepark skating, in order to limit your league's liabilities, you must reserve the skatepark, or an area of the skatepark, and it must be designated for exclusive use by your league members, only. Coverage is not in effect if the skatepark is open to the public and you have no designated skate area with access closed to all but your league, or if your league is participating with non-league skaters and members of the general public; the risk is too severe. A league coach must be present at all times.

3. Rules

Always read the posted skatepark rules before entering, and follow them while in the skatepark. Be aware that most public skateparks fall under the "Hazardous Recreational Activity" (HRA) designation, and therefore municipalities and their employees may not be held liable for claims of negligence resulting in skaters injuries.

4. Basic/Minimum Skills

Before you enter a skatepark, be sure you can roll, **on quad roller skates, of course!** A skatepark is **not** the environment to learn the fundamentals of roller skating.

The WFTDI recommends having these skills before you hit the park:

- Able to comfortably roll forwards and backwards on flat ground
- Able to stop on your toe-stops
- Able to jump over small items (cones, bags, curbs)
- Able to fall small

5. Spectators and Seating

- Spectators should stay out of the skatepark unless specific seating has been set up and reserved for them (i.e. for a tournament or exposition). Otherwise, no wheels, no entry. If there is no reserved seating area, spectators should observe from **outside** the skatepark area, **ONLY**.
- Ledges, benches and ramps in a skatepark are NOT for sitting. See above.
- Spectators enter the skatepark at their own risk.

6. Skatepark Etiquette

- Ease into it. Your first time at any new skatepark should involve spending lots of time checking out and familiarizing yourself with the park and its pattern, **before** you skate.
- Be observant of where other skaters and obstacles are. Check your path and make sure it is clear before taking your turn.
- Don't snake. Snaking occurs when a skater doesn't wait their turn and drops in on another. Snaking is the single largest cause of collisions. Wait your turn. If someone drops in on you, exit the area as soon as you can safely do so.
 - If you are skating with another human make sure you both consent to do so.
 - Doubles are only recommended for advanced skaters, with **both** parties in agreement.
- Stay out of the way. When you finish a run, move out of the way so you don't get hit by other skaters. Be mindful of where you stop, don't cut off another skater's line.
 - If you fall, get up immediately, if you're not hurt.
 - Do not stop/linger in the flat bottom of a bowl or pipe.
- Keep your runs short and sweet - share the space with others.
- Respect the skatepark, skatepark rules, and locals.

7. Skating and Competition Surfaces

- Bring a broom and towel with you to clean up debris on the skating surface, if necessary.
- No structures, speakers, lights or other objects shall protrude in, on or above the *SKATING SURFACE*
- Only Skaters on the *COMPETITION/PARK SURFACE*
- Those not skating must be off to the side safely without interfering with others
- The skating surface should be clean, and clear of cracks and debris.
- Sand, glass, rocks etc are not considered safe to skate on. Clean/sweep the surface before skating.

Gear

8. Required Gear

For coverage to be in effect, the following gear is required:

- Quad roller skates
- Helmet
- Wrist guards
- Elbow pads
- Knee pads

9. Optional Gear

- Optional protective gear such as padded shorts, chin guards, knee or ankle support, shin guards, protective cups, tailbone protectors, non-form fitting full-face shields, non-form fitting half-face shields, and form fitting face shields such as nose guards may be worn at the Skaters' discretion
- Non-form fitting full- and half-face shields must be designed for use on the brand and type of helmet with which they are paired.

Skaters are responsible for the condition of their required and optional gear.

10. Impaired Skaters

- Skating while under the influence puts the impaired skater and all skaters at risk, and is not acceptable under any circumstance.
- Skaters may not participate while under the influence of alcohol, narcotics, opiates, stimulants, tranquilizers, depressants, hallucinogens, illegal drugs, or any other substance or drug that may affect or impair that person's judgment, ability, and/or motor skills.
- Skaters may not consume alcohol while wearing skates.

Legal Considerations

Hazardous Activity refers to a recreational pursuit that is high risk. Activities that fall under an insurance company's definition of hazardous activity are usually not insurable. **WFTDI requires adherence to these guidelines as a condition of coverage.** If an injured person is found to have been injured while in violation of these guidelines, their claim will be denied.

Recommendations and Best Practices

11. Concussion, Injury and Impairment

12. Definition of a Concussion and its Risks

A concussion is a type of traumatic brain injury caused by a bump, blow, or jolt to the head that can change the way the brain normally works. Concussions can also occur from a blow to the body that causes the head to move rapidly back and forth. Concussions should be suspected in the presence of any one or more of the following: symptoms (e.g., headache, nausea), physical signs (e.g., unsteadiness, loss of coordination), impaired brain function (e.g., confusion, aggression), or abnormal behavior.

Concussions are serious injuries and will occur in roller skating. The risk is extremely high for second-impact syndrome (SIS) if someone is reinjured before symptoms of an earlier concussion have subsided. SIS can be catastrophic and even fatal. The brain should be sufficiently rested and recovered before returning to play.

13. Blood Borne Pathogens (BBP)

Occasionally blood and other bodily fluids end up on the skating surface, gear and/or clothing. When approaching clean-up, minimize the risk of infection by approaching blood and bodily fluids (not including sweat) as if they were infected with a bloodborne pathogen such as HIV, Hepatitis B or Hepatitis C. Though not all blood and/or body fluids will contain communicable pathogens, standard precautions state we should treat all body fluids as if they have known pathogens.

If possible, skaters with active bleeding should be removed from the skatepark and immediately taken to a designated area. Bleeding must be stopped and the open wound covered with a dressing sturdy enough to withstand the demands of play before the athlete may continue to skate. If blood is on the hard surface of an athlete's gear, it should be cleaned with an approved broad-spectrum hard surface disinfectant. Fabric areas of gear should be securely covered with duct tape or removed at the discretion of Safety Staff.

The skater who has bleed is responsible for cleaning up blood and fluids at the skatepark. Having a blood clean up kit on hand at all times is highly recommended. Skaters may come across another person's blood, it is their decision to clean it up with the proper method or avoid that area of the skatepark.

14. Emergency Action Plan

Every skate park should have in place an Emergency Action Plan, which describes what to do in case of the following events. Be sure to review the plan to familiarize yourself with it, as well as its location, should you need to refer to it.

- Injury requiring medical attention
- Injury requiring Emergency Medical Services
- Fire
- Natural disaster, violence or terrorism requiring emergency evacuation of the facility

15. WFTDI Insurance Documentation

For tournaments and exhibition events held in the United States:

- Waivers are required at ALL TIMES. Skaters must sign prior to being permitted to participate.
- Visiting Skaters/volunteers must sign the Event Waiver prior to participating, each time they participate (the Event Waiver pertains to an event on a specific date, so a new one must be signed each time a Skater/volunteer visits).
- Waivers should be kept on file by the event organizer for a minimum of one year.
- **WFTDI Injury Report:** In the event of an injury, the WFTDI Injury Report must be completed and sent to claims@wftdi.com within two weeks of the date of injury – even if the injured Skater does not intend to file a claim. WFTDI Injury Reports received outside of the allowable reporting grace period will not be eligible for claims. Which injuries should be reported? We recommend that if a jam is called off for an injured Skater, or if a Skater ceases participation due to an injury, it should be reported, even if the injury appears to be minor.

Outside of the United States, waivers should be used as permitted by local law.

If you do not have WFTDI Insurance, please consult with your insurer for all reporting and form requirements.

All WFTDI insurance forms, including injury reports and waivers, can be downloaded from:
<https://www.wftda.org/resources>

Competitions, camps and expositions

Competitions, camps and expositions are defined as hosted, organized events, in which quad skaters will be competing, learning and/or demonstrating quad skating in a park skating environment. These events may have a large number of spectators as well.

Security

Sufficient staff if the event is large will be in place to:

- Keep spectators and unauthorized persons off the *COMPETITION SURFACE*.
- Monitor the facility or venue entrance, ensuring that everyone who enters the facility or venue has a ticket, stamp, wristband, or is authorized to enter.
- Ensure that spectators and unauthorized persons are not in restricted areas, such as staff areas, staging areas.
- Assess conflict, having the means to summon the appropriate security personnel, if needed.
- In case of injury, assisting to keep a path clear for entry and exit of Emergency Personnel.

In case of emergency, assisting event staff and/or facility staff in evacuation of the facility detailed in the site or venue emergency action plan.

Safety Personnel and Staffing Levels

It is the responsibility of event organizer(s) to be aware of any applicable civic ordinances, regulations and/or laws of their local area pertaining to requirements for medical personnel for crowd support during events as these requirements may be more stringent than the WFTDI requirements outlined here.

The WFTDI will require a person certified in First Aid/CPR to be present for competitions/camps/expositions. Qualifying candidates should have Basic or Emergency First Aid training as recognized in their locale and be able to supply a current certificate, if requested. The first aid training should be a recognized standard of practice for the country of origin and should provide

certification of training for recognition of life-threatening emergencies and the ability to provide basic life saving techniques.

Examples of qualifying training include but are not limited to: In the United States: American Heart Association or American Red Cross First Aid with CPR. In the United Kingdom: Emergency First Aid through the British Red Cross, or St. John Ambulance.

Concussion

In addition to the concussion protocols already stated in these guidelines:

The minimum standard for competitions/camps/expositions is to engage a volunteer/paid medical staff who is familiar and trained with concussion symptoms and assessment. This person must operate within their scope of practice and training.

The minimum standard for skatepark activities is to engage a person who is familiar with the Concussion Recognition Tool

<http://bjsm.bmj.com/content/bjsports/early/2017/04/26/bjsports-2017-097508CRT5.full.pdf>

It is recommended the person who will administer potential concussion assessments should complete online training courses equivalent or superior to Centers for Disease Control (CDC) Heads Up Concussion Training (www.cdc.gov/concussion/Headsup/training/index.html).

It is encouraged that park skaters obtain regular baseline concussion assessment testing and engage appropriately trained and certified staff to administer the baseline and on-site potential concussion assessment testing when possible. Examples of concussion management systems that may be used include SCAT5 (International), Multimodal (primarily Canada), ImPACT (US & Canada). It is important to continue to monitor concussion testing system quality and acceptance in the medical community as the knowledge base is continually changing.

16. Biohazard Clean-up kit

A kit, bucket, box or bag containing the following items should be available for use. The kit contains the minimum set of items for safe containment and clean-up of blood splatters and other bio-spills, and to decontaminate exposed hard surfaces (e.g. floor).

The kit must consist of:

- Disposable gloves
- Paper towels
- Empty sealable bags (large enough to hold saturated clothing items)
- Black permanent marker
- Spray bottle with approved hard-surface disinfectant (see 6.3). Note 'replace by or expiration' date on bottle. Follow instructions on the label for required contact time.

17. Procedure to clean biological hazards:

1. Apply disposable gloves.
2. Spray surface with supplied hard surface cleaner. Wipe up the contaminated area.
3. Place the waste in a sealable moisture-proof bag or container.
4. Re-clean the entire area until the entire blood spill is cleared (i.e., paper towels no longer have any red tint).
5. Place all contaminated waste in a sealable, moisture-proof bag or container that is marked "Bio hazardous." Dispose of the bag or container in a manner that will not lead to exposure of the contents and in accordance with local law.
6. Do not touch anything or anyone else until gloves are removed. Remove gloves. With both gloves on, remove one glove but do not touch anything but the glove and discard. To remove

the other glove, take the index finger and place it inside the glove where no fluids have touched, and remove carefully. Do not touch the outside (contaminated) surface of the gloves with bare skin at any time.

7. Dispose of gloves.
8. Wash hands with soap and water for a full minute (if running water is available). if not available, use hand sanitizer.

18. Hard Surface Disinfectant Spray

Select a broad-spectrum disinfectant spray that the label notes is a tuberculocide, and/or it is effective against HIV and Hepatitis-B (HBV) If 1:10 household bleach solution is used, ensure that there is a process in place to keep it restocked every couple of weeks; as a months-old bottle of bleach water in the spill kit will not be effective. QUAT solutions are recommended for their efficacy and long-storage life. Brands and products available regionally may be found through local medical facility contacts and supply stores.

TABLE 4: COMPARISON OF RECOMMENDED HARD-SURFACE DISINFECTANT SPRAYS

Spray	Cost	Availability	Storage life	Notable characteristics	Comments
1:10 dilution of Household bleach	*	Very Easily obtained; dilution required	<ul style="list-style-type: none"> • 24 hrs recommended • absolutely not longer than 30 days 	<ul style="list-style-type: none"> • Very short storage life. • May damage clothing and other materials in comes into contact with • Known to cause respiratory distress in some individuals • generally regarded as safe and not contributing to resistant strains of microbes 	1 part bleach to 9 parts water, which is appx ½ cup bleach to 1 Qt water or 1.2 dl to a liter. Concentrated bleach varies from 3.25% to 6%, and dilute solutions rapidly lose strength in storage.
60-80% Isopropyl (rubbing) alcohol	** (US\$ 2-3/qt)	Easily obtained	<ul style="list-style-type: none"> • most manufacturers will certify to 2 years 	<ul style="list-style-type: none"> • Evaporates quickly making 2-5 minute contact time difficult to achieve • generally regarded as safe and not contributing to resistant strains of microbes 	For this use, 70% IPA is more effective than 90% IPA. Flammable! Store below 120F (50C)
Products containing QUAT	*** (US\$ 5-\$20 per qt)	May be difficult to source. Amazon, Walmart, professional cleaning supply stores, medical supply stores	<ul style="list-style-type: none"> • Check label. • Can be greater than 3 years! 	<ul style="list-style-type: none"> • Can be unscented but most have added perfumes • QUAT is a salt, generally regarded as safe and not contributing to resistant strains of microbes 	Some example products are: <ul style="list-style-type: none"> • Diversey Virex® Tb • Clorox® Broad Spectrum QUAT disinfectant

Recommended Medical Supplies

Basic first aid supplies and a biohazard clean up kit should be available at all locations where skating occurs – practices, scrimmages, games and tournaments. These may be provided by the league, as a function of the venue (e.g. Community Rec or Leisure Centers), or may be provided by the contracted EMS.

First Aid Bag:

- CPR mask
- Splints (arm/leg) (e.g. Roll splint like a SAM splint or equivalent, minimum length 36 inches. Can be cut down if needed)
- Triangular Bandage
- Bandage assortment including:
 - Adhesive bandages
 - Compression wrap (e.g. ACE™ Bandages, Coban™, Vet wrap)
 - Wound closure/suture strips
 - “4x4s” gauze pads (10cm x 10cm gauze pads)
 - Sterile gauze rolls (e.g. Kerlix™)
 - Tape/Prewrap
- Wound cleanser (e.g. saline solution, bottle or spray)
- Scissors
- Eye wash
- Antibiotic ointment
- Instant Ice packs or Ice bags in cooler (day-of).
- Petroleum jelly
- Nose plugs

Include the following items in the First Aid bag if the Biohazard Clean-up Kit is packaged or stored separately from the First Aid Bag

- Latex-free gloves
- Paper towels, disposable rags
- Permanent marker
- Sealable disposal bags (e.g. Ziploc®)
- Larger bags for contaminated clothing items

Biohazard Clean-up Kit (must include at minimum, per section 6.1):

- Spray bottle with hard-surface disinfectant (see Blood Borne Pathogens section 6.0) **
**Note shelf life of hard-surface disinfectant selected for Biohazard Clean-up Kit. 1:10 Bleach solution recommended to be made up the day-of-use and not stored longer than 30 days.
- Paper towels/disposable rags
- Sealable, disposal bags (e.g. Ziploc®)
- Permanent marker
- Disposable gloves

AED

Identify the location if the skatepark has an AED. If not, make sure the medical staff is aware there is not one onsite.

Appendix A: Useful Links

Throughout this document are included hyperlinks to web content supplied as resources for more information. The table below is a summary of these links for quick access. They were active at the time of publication. Keywords for finding the content are supplied if, over time, these links become broken.

TABLE 5: USEFUL LINKS FOR MORE INFORMATION

Content	Link	Host	Search Keywords
SCAT5:			
Full Article	http://bjsm.bmj.com/content/51/11/838	British Journal of Sports Medicine	Consensus statement on Sport Concussion
SCAT5 Tool	http://bjsm.bmj.com/content/bjsports/early/2017/04/26/bjsports-2017-097506SCAT5.full.pdf		
CRT	http://bjsm.bmj.com/content/bjsports/early/2017/04/26/bjsports-2017-097508CRT5.full.pdf		
Disinfectants for BBP	https://www.cdc.gov/infectioncontrol/guidelines/disinfection/disinfection-methods/chemical.html	USA – Center for Disease Control	CDC chemical disinfection disinfectants
EPA registered Antimicrobial	https://www.epa.gov/pesticide-registration/selected-epa-registered-disinfectants	USA – Environmental Protection Agency	EPA Registered Antimicrobial; lists C, D, E and F
Extensive Concussion Info & Training	https://www.cdc.gov/headsup/index.html	USA – Center for Disease Control	CDC, Heads Up, Concussion
All WFTDA insurance forms, including injury reports and waivers	www.wftda.org/resources	WFTDA	

Appendix B

10 Tips For Park Skating from Community in Bowls (CIB)

1. Find your crew

Those first few trips to the skatepark can be super intimidating and not everyone has the nerves to tackle it alone. So tag along with someone that already rolls, drag along a friend who's keen or reach out to your local Chapter. Going with a crew will unload some of the pressures and help you relax into it. Have fun and be prepared to fall a few times, your crew will help pick you up and work through the fumbles! I've made some of my closest friends at the skateparks, and I have crews around the globe I can reach out to on my travels for a fun session. You'll be a part of an international family of rollers before you even know it! Note: Your crew doesn't need to be limited to roller skates, I've had plenty of great sessions with skaters of all kinds!

2. Practice makes progress

Don't compare yourself to others when looking at your progress rate. There's nothing wrong with slowly building up skills and confidence. Start inside the transition. For most of us, the skatepark is a new environment and you need to treat it as such. Get familiar with the surface, the curves of the transition and the coping before taking it on. Even the most experienced skaters get familiar with the environment before tearing it to shreds. In my opinion, one of the most important skill required for ramp skating is commitment; every new move you try requires a bucket load of it, that comes with time, patience and practise. I've been known to spend entire sessions inside the transition, practising switch pumping or spins and airs. There's plenty to do inside the bowl before you work onto bigger tricks.

3. Stance is key

Get low and perfect the basics. For any derby crossovers 'getting low' is a phrase you will be all too familiar with, but it's the truth! The lower you are, the less you'll fall (and when you do fall, you'll be closer to the ground). Bending your knees is crucial in ramp skating, it absorbs the bumps and loads your legs full of power to pump through the transitions. Plus pumping is a super great workout and will help build you a strong set of gams!

4. Safety is sexy

Learning to ramp skate can be tricky business, it offers all sorts of unpredictable elements. No matter what level you are there's always room for human error. We've all seen photos and videos of all sorts of skaters (myself included) hitting the ramps unprotected, but that's no excuse, especially when you're learning. I personally like to wear a helmet and knee pads, others wear it all. The amount of protective gear you wear is your choice, so wear what you feel safe in. To my knowledge, no one has ever regretted wearing padding, but there have been plenty who have regretted not! So pad up, or don't, but your body will thank you for it when you're a veteran skater and still shredding like a boss - just see Duke Rennie, Irene Ching, Desi Jones or Brian Wainwright if you need any further convincing!

5. You don't need to splash out to shred

Time to break the rumours! While rolling on a customised set-up will no doubt improve the skatepark experience, it is by no means necessary, especially when you're just starting out! For the first 18 months of my time on ramps I rolled on my derby skates, sometimes I swapped the wheels out, sometimes I didn't. Products like Sliders will make it easier to drop in and stall, but they are actually designed for intermediate tricks like Slides. Same goes for Grind Trucks which will give you a wider base which improves stability, but they're really designed for Grinds, an intermediate trick. And wheels, the harder the better as they'll take the work out of pumping and improve your carving, slides and more. That being said you can skate in whatever gear you have, make it work till you decide you're committed, then invest in gear that will take your skating to the next level!

6. Don't be a snake

There is basic skatepark etiquette that has been passed down for generations within the scene. It's mostly common sense but it doesn't hurt to be reminded. In most parks it's the same, everyone takes their turn and in turn you get an even share of the park. When you first show up, join the back of the queue and then when it's your turn, thoroughly check all possible lines are clear and then take your run. If you bail, your run is over. Reset and wait for your turn again. If you're super new and the park isn't busy you can often politely ask any surrounding crew if you can take some time to practice on a section of the park that isn't being heavily used, this gives you time and space to work on the basics before you're ready to piece together a run. It can be intimidating but manners go a long way. Be sure to keep an eye out for anyone wanting to hit where you are, if you're polite and share, you'll have the favor returned in the future.

7. Stay alert

A run on from point 6. Skateparks can be a crazy and busy environment. There will be times in which skaters are taking unpredictable lines. Keep your eyes out for unexpected obstacles, loose boards, kids and riders. Even if it's your turn in the bowl it's best to keep your wits about you and be prepared to bail out a run. And if you do happen to collide with someone, say sorry, even if it's not your fault.

8. Respect the environment

Whether it's a backyard mini, your local community park, or an indoor pay-per-session park, treat it like it was your own. Don't tag, don't litter and show respect. Some locals might give you the side-eye when you first rock up with your quad skates, but if you're respectful, take your turn in time and don't trash or take over the spot then you'll be welcomed back with open arms.

Note: A broom and towel are must haves in any traveling park skaters kit! You never know when you're going to find the perfect skate spot that needs a little TLC. [Want to learn the lingo?]

9. Wax on or Wax off

The great wax debate is one that will forever blow up timelines and while it's probably not relevant to new entries it's worth knowing about. Waxing isn't always necessary but it's a tool that is sometimes used by skateboarders, rollerbladers and quad skaters for many years to extend the distance they can slide or grind on a surface. If you're feeling the need to wax up coping or rails then check with your surrounding skaters! If there are other people skating the same obstacle then double check everyone is okay, and if you're not sure... don't. A little common courtesy goes a long way.

10. Enjoy!

This is the most important of all the tips. If you're not having a good time, then what is the frickin point! Skating should be a fun, freeing experience. If you take yourself too seriously then you won't enjoy the experience. Don't be afraid to celebrate your successes and learn from your bails. My time at the skatepark is my time for personal growth. I set myself goals and work towards achieving them, sometimes it takes a single session and others it takes months. I'm always working or developing something, but I never get down on myself if I fail to reach my goals - this is my happy place and if I do that it will take all the fun out of it.

So get out and shred! You'll be surprised at what you can achieve if you just get out and give it a go!