



# Ice Skating

## SafeTips from the Naval Safety Center

Quick and easy summaries to find out about something new you're doing or as a refresher for something you haven't done in a while. They're a great training tool to pass around at meetings, through e-mail, or post on bulletin boards.

- \* 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.
- \* Always check for cracks, holes and other debris.
- \* Before setting out on your skating expedition, learn basic skating skills, such as how to stop and fall safely.
- \* Wear warm clothing and rest when you become tired or cold.
- \* Never skate alone.

[www.public.navy.mil/comnavsafecen/pages/media/index-safetips.aspx](http://www.public.navy.mil/comnavsafecen/pages/media/index-safetips.aspx)



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