
FRONT COVER:

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Foreword

Inline skating is a recreational sport and is fast gaining popularity worldwide. In line skates are usually equipped with 2 to 5 polyurethane wheels which are arranged in a single line. Get all the info you need here.



In-line Skating Made Simple

Mastering In-line skating easier and more fun

Chapter 1:

In-line skating is really easy

Synopsis

The design is made to accommodate more speed, better maneuverability and balance.



The Basics

The inline skating is usually found in a few popular venues such as tracks specifically designed for the purpose of inline skating, at skate parks, urban area and off roads.

Besides being a leisure activity, some people actually include in a form of inline skating that is rather aggressive in nature.

There are three major types of aggressive inline skating which would be hard boots, soft boots and skeletal skates. There is usually a lot of competitiveness between the inline skaters as most of their abilities are a result of hard work.

However there is still some, interest in this sport due to the other contributing factors. The modern style of inline skating has since replaced a lot of ice skating, and this is probably due to the easy accessibility of the sport and more venues where it can be exercised.

Chapter 2:

Considerations when getting your skating gear

Synopsis

In order to get the best out of skating, it would be best to take the time to look around for skating gear that is both suitable and comfortable for the user.

Having some helpful tips to use as guidelines, would be very helpful indeed, especially if the individual has very limited knowledge on the subject

The following are some tips to help when considering the purchase of skating gear:



The Gear

The most important consideration to make would to be ensure the fit of the pair of skates is accurate. If the fit is not comfortable, the individual would probably have to eventually endure really uncomfortable blisters which could be rather painful and cause the use of the skates to be put on hold.

This should also come with a good pair of socks, which should be thick. This is to ensure there is enough cushion for the feet to create good airflow and be shock absorbent.

The skates should fit snugly and support the ankles well. This is to ensure the user does not sustain any unnecessary injury to the ankles area, as this is commonly the case for a lot of skaters. The fit should also not feel pinched at the toes.

There is also the consideration of what the general use of the skates would be. Competitive skating would require a different set as compared to leisure skating. The type of surface that the users intend to skate on would also have to be factored in when making the choice for the purchase. There are quite a few varied types such as for speed skating, street hockey skating use, uneven terrain skating , indoor skating, trick skating and many other kinds. Each activity would require a different type of skate in order to be able to perform optimally.

Chapter 3:

Remember the rules and regulations

Synopsis

As with all activities, there are rules that usually governing the various aspects of it in order to ensure the experience is both enjoyable and safe. Failing to take note of these rules and regulations could result in injury, thus rendering the experience less enjoyable.

The following are some of the rules and regulations that should be noted to ensure the individual does not eventually encounter any problems:



Rules

Perhaps the first and most important rule to adhere to would be to be constantly aware of the surroundings when using the skates. This is important as the user would not only create problems for himself or herself but also for those around if the care and caution aspects are not taken seriously. Being aware of the traffic rules governing the area being used is also something that should be noted. This would directly affect the safety and the convenience of others using the same path.

Ensuring the attire chosen is both suitable and safe for skating is also important. These would include the proper helmet, wrist protection, elbow pads and knee pads. Using all the right accessories would help limit the level of injury sustained should an accident occur.

Staying alert at all times is also another important point to practice when using the skates. Staying in control would require the user to be alert, and to watch out for road hazards, avoid water, oil and sand encounters and avoid traffic.

The techniques used when skating also should be as according to the standard requirements. Skating on the right and passing on the left is very much a standard practice of all skaters, and should be followed as much as possible. It would be even better to announce the pass if it is possible and giving way to pedestrians is also highly recommended.

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