



SEVEN STAR SPORTS

More than just sports!

Helmets
Skateboarding
Bikes
Soccer
Basketball
Tennis
Inline Skating
Motorized Scooters
E-Bikes

Helmets:

"AVOID THE PAIN - PROTECT YOUR BRAIN! - DON'T HIT THE ROAD WITHOUT ONE!" Statistics show that 85 % of all head injuries related to cycling can be PREVENTED by wearing a helmet. Also more and more Provinces, States and other countries have laws making it mandatory to wear a helmet when cycling. All helmets offered meet CPSC (Consumer Products Safety Commission -USA) standards. We have sizes to fit the toddlers up to the adult.

Preventing head injuries is very important for all ages especially children. By wearing a helmet during cycling, inline skating, skate boarding, snowboarding, equestrian or any other sporting activity you prevent head injuries. Head injuries are very serious and can result in complications and serious medical conditions that sometimes last a whole lifetime. What is worse than the head injury is that most of these injuries can be prevented by simply wear a helmet. When a child suffers a head in jury it can affect them there whole life. Please as parents, guardians, teachers, politicians and adults in general, we need to set a positive role model by wearing a helmet and pushing for legislation to mandate helmets when cycling. People are always under the assumption that if there kids are in there riding, inline skating, skate boarding, etc. in their driveway or neighborhood that a helmet is really not necessary. This is WRONG. A majority of head injuries occur during low speeds when the child is just getting started in the activity or stopping the activity. The child at that moment is not prepared for a fall as opposed to when they are at high speed and can prepare somewhat for the fall be cause he or she knows they have lost control and may fall. Also kids in their own neighborhood have a tendency to wander on the road which is a hazard on its own because they are not looking out for vehicles. If you are not still convinced on the importance of helmets not just for children but adults as well, please search the web or research head in juries or simply take time out to speak with an EMS personnel or emergency room at a hospital. All of these people will tell you that wearing a helmet is the only way to go. Also remember when you have an accident please replace your helmet, as damage may not be visible outside but the foam may be affected. Do not take chances. Remember to replace your helmet every 2 to 3 years as they loose their effectiveness over time and helmets don't last forever. Also Seven Star Sports recommends you do not purchase used helmets as you cannot verify if the helmet has been in an accident or how old the helmet is. A proper fit is very important for safety!

Carefully measure around the head about one inch above the eyebrow to be certain the helmet you purchase is the correct size. Toddler: cm:47 -52, Inches:18 1/2 -20 1/2, Hat:5 3/4 -6 1/2 Child (Small): cm:53 -56, Inches:20 3/4 -21 1/2, Hat:6 1/2 to 7 1/8 Youth:(Medium) cm:57 -59, Inches:22 -23 1/2, Hat:7 1/8 to 7 1/2 Adult:(Large) cm:60 -61 Inches:23 1/2 -24, Hat:7 1/2 to 7 3/4.

To keep yourself and especially your children safe, Seven Star Sports recommends that you also wear protective gear (Elbow Pads, Knee Pads and Wrist Guards) when participating in your favorite activity. It is better to be safe than sorry. Summer months are limited to 3 or 4 months of the year for most people and having an injury for even a week will take away from enjoying the precious summer months.

Protection and Safety:

- Check your adjustments every time you wear your helmet.
- Inspect your helmet regularly for signs of wear or damage.
- Exercise care and good judgment whenever you use helmet.
- Don't wear a helmet that's been in an accident.
- Don't wear someone else's helmet or lend your helmet out.
- Don't wear anything hard or sharp under your helmet.
- Don't take unnecessary risks just because you're wearing a helmet.
- Helmets have a limited life span of use.

SKATEBOARD SAFETY AND TIPS

Who gets injured

Six out of every 10 skateboard injuries are to children under 15 years of age. Skateboarders who have been skating for less than a week suffer one-third of the injuries; riders with a year or more of experience have the next highest number of injuries.

Injuries to first-time skateboarders are, for the most part, due to falls. Experienced riders mainly suffer injuries when they fall after their skateboards strike rocks and other irregularities in the riding surface or when they attempt difficult stunts.

Environmental Hazards

Irregular riding surfaces account for over half the skateboarding injuries due to falls. Before riding, skateboarders should screen the area where they will be riding by checking for holes, bumps, rocks and any debris. Areas set aside especially for skateboarding generally have smoother riding surfaces. Skateboarding in the street can result in collisions with cars causing serious injury and even death.

The skateboard/protective gear

There are boards with varying characteristics for different types of riding; i.e., slalom, freestyle or speed. Some boards are rated as to the weight of the intended user.

Protective equipment, such as closed, slip-resistant shoes, helmets and specially designed padding, may not fully protect skateboarders from fractures, but wearing it can reduce the number and severity of cuts and scrapes.

Padded jackets and shorts are available for skateboarders, as well as padding for hips, knees and elbows. Wrist braces and special skateboarding gloves also can help absorb the impact of a fall.

The protective equipment currently on the market is not subject to government performance standards and careful selection is necessary.

In a helmet, look for proper fit and a chin strap; notice whether the helmet blocks vision and hearing. If padding is too tight, it could restrict circulation and reduce the ability to move freely. Loose-fitting padding, on the other hand, could slip off or slide out of position.

How to fall

Learning how to fall may help reduce the chances of a serious injury.

If you are losing your balance, crouch down on the skateboard so that you will not have as far to fall.

In a fall, the idea is to land on the fleshy parts of your body.

If you fall, try to roll rather than absorb the force with your arms.

Even though it may be difficult during a fall, try to relax your body, rather than go stiff.

Tips for using a skateboard

Give your board a safety check each time before you ride.

Always wear safety gear.

Never ride in the street.

Obey the city laws. Observe traffic and areas where you can and cannot skate.

Don't skate in crowds of non-skaters.

Only one person per skateboard.

Never hitch a ride from a car, bicycle, etc.

Don't take chances; complicated tricks require careful practice and a specially-designated area.

Learn to fall—practice falling on a soft surface or grass.

BIKE SAFETY

1 Sizing your bike

There's a variety of bicycles to choose from. Whether you're choosing a touring, sport, mountain or a hybrid bicycle, it should fit properly making it easy to control, comfortable to ride and not hurt your knees when pedaling. Check these important fitting points on your bicycle.

Frame Size

You should be able to stand flat-footed over your bike's frame (top tube) without your crotch touching it, between 2 to 5 centimeters of space. For a woman's frame bike, sit on the seat. The base of the seat should be at least 5 centimeters above the seat tube when the tips of both feet touch the ground.

Seat and Handlebar Height Adjustment

When you sit on the seat with your heels on the pedals, your legs should be almost straight at the bottom of the stroke of the pedal stroke. In a normal riding position your weight should be evenly balanced, allowing you to rest your hands lightly on the handlebars.

Your handlebar stem and seat post must be at least 5 centimeters into the frame. Both usually have a mark that indicates the maximum extension point. Longer seat posts and stems are available if you need them. Always carry a quality bicycle lock when riding and always lock your bike to something solid, even if you are going to leave it for a second. **ALWAYS WEAR A HELMET!** An approved bicycle helmet can greatly reduce the risk of permanent injury or death in the event of a fall or crash. A helmet works by absorbing the forces of a crash, so if the helmet has been in a collision, it has done its job and should be replaced, even if there is no visible damage.

The best helmet is one that fits properly, is worn correctly and has been manufactured to meet strict safety standards. Look for a safety standards sticker meeting the approval of safety organizations such as the Consumer Product Safety Commission (CPSC). Remember, that different helmets are made to fit heads of different shapes, so make sure you try on several before choosing.

Other sports helmets such as hockey, baseball, and football are not recommended for cycling. They are designed and tested for different types of impact.

To provide maximum protection, the helmet should fit level and square on the head. The front should cover the forehead. It should sit snug on your head, without fastening the chin strap, and not slip when you move your head.

Sizing pads are provided which can help adjust the fit. The straps should be adjusted to meet just below the ear, and fastened comfortably without choking. Riding slowly
The slower you go, the less stable your balance is on a bicycle. Try all the above manoeuvres at slow speeds. Mastering these skills at slower speeds can help avoid spills.

Getting on and off

Being able to get on and off the bicycle smoothly lets you start and stop safely. Practice your starts from beside the bicycle and from straddling the bike. Practice stopping and straddling the bike, and then stopping and getting off the bike. If practicing on the road, dismount on the curbside.

Straight line riding

Riding in a straight line is the key to riding safely in traffic. Practice by following a painted line in a parking lot. Because you maintain balance by turning the front wheel slightly from side to side as you pedal, riding within a path of 15 centimeters wide is very good. Try not to move your upper body as you pedal - let your legs do the work.

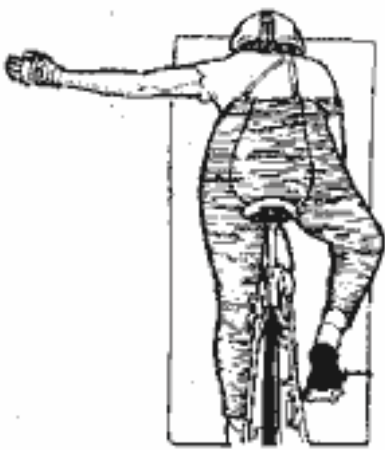
Shoulder checking

Shoulder checking involves looking back over your shoulder to see what the traffic behind you is doing. This maneuver is vital for making safe turns in traffic. It is also difficult to do without wandering from a straight path. Practice riding in a straight line while checking behind you over both shoulders.

Signaling

Making signals requires being able to ride with only one hand on the handlebars. Because it is very easy to go off course when riding one-handed, practice signaling while riding along a straight line. Keep both hands on the handlebars while actually turning.

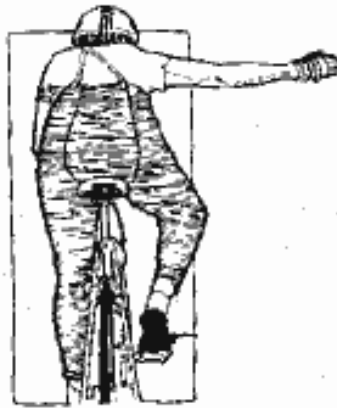
Hand signals



Left Turn:
left arm out.



Right Turn:
left arm out, up



Alternate Right Turn:
right arm out.



Stop: left arm out,
down, palm back.

Sequence practice

Practice shoulder checking before signaling to make turns. Practice shoulder checking, signaling, shoulder checking before moving, when changing lanes, or position within a lane. Before stopping, signal, and then use both hands on the brakes to stop.

Turning

Turning accurately can also be tricky. Practice doing figure eights. Try to follow the same path each time you make the figure, then, gradually tighten the turns.

For more stability in turns, lead with your chin, drop your inside shoulder, keep the inside pedal up and turn the inside knee out in each turn.

Slalom riding

Slalom riding is an exhilarating way to practice quick and accurate turns. Pick a straight line in the parking lot. Swoop from side to side along the line making bigger swoops and smaller swoops.

Emergency handling skills

The first step collision prevention is to scan the road ahead for potential hazards. Steer clear of debris and holes in the pavement. Learn to anticipate errors by motorists, pedestrians and other cyclists. Don't assume they see you. When in doubt, use caution. No matter how skilled or careful a rider you are, you will encounter hazards that leave you little time to react. Emergency handling skills such as dodging obstacles, quick turns and emergency braking will enable you to avoid these hazards. Practice them in an empty parking lot or a school playground.

Dodging obstacles

Flick front wheel. Swerve around.

Go back on line.

You must react quickly to obstacles such as sewer grates without straying wildly from your path. To practice this, ride along a straight line at an obstacle, such as a piece of cloth. Avoid it by dodging around it quickly and then get back onto your line as fast as possible.

Quick turns

Quick turns are the fastest way to change course or to take a corner. They are also a good way to avoid collisions, as long as the road is dry. Lean hard into the turn leading with your chin and your inside pedal up, your inside knee out and your inside shoulder down.

Hand brake bicycles

On a bicycle equipped with front and rear hand brakes, the front brake does 80 per cent of the braking. Use of the rear brake helps to keep the bicycle under control. So, to stop effectively, you must use both brakes.

Coaster brake bicycles

Coaster brakes are located in the rear hub. They are applied by pedaling backwards.

Hips back stay low

Braking

Quick stops can be crucial in an emergency. You must use both brakes. But if you put on the front brake too hard you might go over the handlebars. Apply the front brake harder than the rear brake. Let up on the front brake if the back wheel starts to skid. Try riding towards a specific point, and see how fast you can stop without going past the point. Brake in a straight line without swerving.

For better control, stand on both pedals; push your hips back on the seat and get low over the frame as you brake. This counteracts the normal forward weight transfer caused by hard braking, and by allowing greater front brake usage, you can stop in a shorter distance.

Riding standing up

Learning to ride standing on the pedals is valuable. This position gives you power to get up hills. It gets you going from stops and it lets you see what is ahead. Eventually your balance may become better standing on the pedals than sitting on the seat. Stand up over bumps, railway and streetcar tracks.

Riding with children

Use care and caution when cycling with young children who are too young to ride themselves. A bicycle mounted child seat sits high behind the bicycle seat and over the rear wheel. The child is secured into the seat by safety straps. Keep in mind that because of its height, this type carrier alters your centre of gravity while riding and increases the risk of losing balance. Only children who can sit unsupported for the entire ride should be in this carrier.

A recommended safer way to carry children is by using a child bicycle trailer towed behind your bicycle. Bike trailers are stable and not prone to tipping. Most trailers are attached, either directly to the bike frame or the seat post, by means of a u-joint. Trailers provide protection from the elements while allowing the child to see out. Check with a local specialty bicycle retailer on these types of child carriers. It's also a good thing to start your child wearing an approved bicycle for their age when using a child carrier. Putting a helmet on them in the early years will help get them into the habit of wearing a helmet when they begin to ride themselves, which is required by law. Set an example and wear one yourself.

For More information on Bike Safety:

Visit:

<http://www.mto.gov.on.ca/english/pubs/cycling/cyclingskills.htm>

SOCCER

Soccer Safety

More than 200,000 youths under age 15 are treated each year in hospital emergency departments, doctors' offices, clinics, and outpatient centers for injuries related to soccer. Many injuries can be prevented if players wear proper safety gear and follow the rules of the game. Increasing the safety of the goal posts can also reduce the number of injuries

Tips for Preventing Soccer Injuries

To help your child avoid injury while playing soccer, follow these safety tips from the American Academy of Pediatrics, the American Academy of Orthopedic Surgeons, the U.S. Consumer Product Safety Commission, and other sports health organizations. (Note: Adults should heed this safety guidance, too.)

Before your child starts a training program or enters a competition, take him or her to the doctor for a physical exam. The doctor can help assess any special injury risks your child may have. Make sure your child wears all the required safety gear every time he or she plays and practices. Your child should wear shin guards during every game and every practice. Shoes with molded cleats or ribbed soles are recommended. Insist that your child warm up and stretch before playing. Don't allow your child to shoot goals before warming up. Teach your child not to play through pain. If your child gets injured, see your doctor. Follow all the doctor's orders for recovery, and get the doctor's OK before your child returns to play.

Make sure first aid is available at all games and practices. Insist that your child follow and that coaches and referees enforce all the rules of the game. For example, most leagues prohibit sliding tackles from behind, which can result in serious injury to players. Talk to and watch your child's coach. Coaches should enforce all the rules of the game, encourage safe play, and understand the special injury risks that young players face. Ask your child's doctor and coach whether it's safe for your child to "head" the ball and, if so, make sure your child knows how to head the ball correctly to avoid head and neck injury.

Don't let your child climb on the goal posts or hang or swing from the crossbar. Above all, keep soccer fun. Putting too much focus on winning can make your child push too hard and risk injury. Make sure the field and equipment are safe. Work with coaches, city officials, and other parents to improve safety. Encourage your

child's league to use waterproof, synthetic balls instead of leather ones. Leather balls can become waterlogged and very heavy, making them dangerous for play.

Make sure movable soccer goals are anchored to the ground at all times, not just during play. Goals have been known to tip over in strong winds or when climbed on, causing severe injuries. If the goal posts on your field(s) don't have padding, talk to school or park authorities about adding pads. Studies have shown that padding on goal posts greatly reduces the risk of serious injury caused by a player's head hitting the post.

BASKETBALL

Each year, more than 1.6 million basketball-related injuries are treated in hospitals, doctors' offices, clinics, ambulatory surgery centers and hospital emergency rooms.

The American Academy of Orthopedic Surgeons offers the following tips to prevent basketball injuries:

Always take time to warm up and stretch. Research studies have shown that cold muscles are more prone to injury. Warm up with jumping jacks, stationary cycling or running or walking in place for 3 to 5 minutes. Then slowly and gently stretch, holding each stretch for 30 seconds.

Play only your position and know where other players are on the court to reduce the chance of collisions. Don't hold, block, push, charge, or trip opponents. Use proper techniques for passing and scoring.

Select basketball shoes that fit snugly, offer support, and are non-skid. Cotton socks can absorb perspiration and also give added support to the foot. Ankle supports can reduce the incidence of ankle sprains.

Protective knee and elbow pads will protect you from bruises and abrasions.

Use a mouth guard to protect your teeth and mouth.

If you wear glasses, use safety glasses or glass guards protect your eyes.

Do not wear jewelry or chew gum during practice or games.

Outdoor courts should be free of rocks, holes, and other hazards. Inside courts should be clean, free of debris, and have good traction.

When playing outside, environmental conditions must be considered. Players should avoid playing in extreme weather or on courts that are not properly lighted in the evening.

Baskets and boundary lines should not be too close to walls, bleachers, water fountains, or other structures. Goals, as well as the walls behind them, should be padded.

Be knowledgeable about first aid and be able to administer it for minor injuries, such as facial cuts, bruises, or minor tendonitis, strains, or sprains.

Be prepared for emergency situations and have a plan to reach medical personnel to treat injuries such as concussions, dislocations, elbow contusions, wrist or finger sprains, and fractures.

TENNIS

Tennis Safety

If you're taking up tennis on a regular basis, serve your body well by warming up properly to prevent an injury.

Score Points with Safety

Here are some tips to ensure a safe tennis experience:

Muscles are more easily injured when they are cold.

Warm up for about 5 to 10 minutes before playing. Try walking or jogging in place, jogging around the court, or riding a stationary bicycle. Gentle stretching or flexibility exercises before play may help reduce the risk for low-back injury. Flexibility exercises also make a good warm-up. To help prevent dehydration that could result in cramps, drink plenty of fluids throughout your workout. Avoid alcoholic beverages and drinks that are high in caffeine and sugar. Try to avoid playing tennis on hard surfaces that don't provide adequate shock absorption, such as those made of asphalt, cement, or synthetic materials. If you must play on a hard surface court, try wearing heel inserts to absorb the shock. Protect your ankles by wearing two pairs of socks, or support socks, and choosing tennis shoes with good support. Tools of the Trade - Knowing how to choose the right equipment can make tennis more fun and help you avoid injuries. Try these helpful hints: Choose a racket that's the right size and weight, and has the appropriate string tension for you. Keep the racket dry during play to avoid hand blisters. Use powdered chalk or sawdust. Tennis shoes offer the right combination of cushioning, support, and protection against ankle sprains. Avoid running shoes or other kinds of athletic footwear that are not designed for tennis. Replace tennis shoes when they become worn or less supportive. Keep a first aid kit with you on the court. Stock it with compresses to use for bruises, as well as antiseptics and non-adhesive dressings for cuts and other abrasions. Small adhesive bandages are useful for hand or foot blisters. A Formula for Good Form Tennis does put stress on your body. Try to concentrate on the following while you play: Do not arch your back unnecessarily when you serve or attempt an overhead shot. Rather, bend your knees and raise your heels to balance upper body weight evenly over your heels. A quick start or stop can sprain an ankle, and a rough landing on the ball of your foot can injure the vulnerable Achilles tendon. The fancy footwork and extensive exercise required for tennis may cause inflammation and heel pain. If this happens, rest. Inserting a medial arch support into the tennis shoe may sometimes ease pain. Tennis Elbow: Preventing a Common Injury to help prevent tennis elbow, try the following: Limber up your wrist before playing by doing gentle stretching exercises. When you hit the tennis ball with a straight arm, the shock is transmitted to your elbow. Bend your arm slightly on forehand shots and when serving. Your biceps and shoulder, rather than your elbow, will take the force of the swing. Avoid putting too much topspin on the ball. When beginning a backhand stroke, start the swinging motion from your shoulder. Avoid placing your thumb behind the racket's grip. More Tips - Here are some additional ways to improve your game: Taking tennis lessons will do more than improve your technique. You'll have the opportunity to collaborate with a professional on how to develop a fitness program suited for your level of play and physical condition. Want to improve your stamina as a player? Try running two or three times a week. To help keep your calf muscles from tightening up, do runner's stretches before, between, and after matches. If your feet or legs remain sore for a long time, your feet may be structurally unbalanced. Your healthcare provider can recommend measures to compensate for this, such as taping and using an off-the-shelf.

INLINE SKATING / SKATEBOARDING

Each year, more than 100,000 people are treated in hospital emergency departments for injuries related to in-line skating, and nearly 40,000 seek emergency treatment for skateboarding injuries. The majority of these patients are under age 25. Many injuries can be prevented if skaters wear proper safety gear and avoid risky skating behavior.

Safety Tips

Injury Prevention Tips for In-line Skaters and Skateboarders

To help your child avoid injuries while in-line skating and skateboarding, follow these safety tips from the American Academy of Pediatrics, the Centers for Disease Control and Prevention (CDC), the U.S. Consumer Product Safety Commission, and other sports and health organizations. (Note: Adult skaters should heed this advice, too.) Make sure your child wears all the required safety gear every time he or she skates. All skaters should wear a helmet, knee and elbow pads, and wrist guards. If your child does tricks or plays roller hockey, make sure he or she wears heavy-duty gear. Check your child's helmet for proper fit. The helmet should be worn

flat on the head, with the bottom edge parallel to the ground. It should fit snugly and should not move around in any direction when your child shakes his or her head. Choose in-line skates or a skateboard that best suits your child's ability and skating style. If your child is a novice, choose in-line skates with three or four wheels. Skates with five wheels are only for experienced skaters and people who skate long distances. Choose a skateboard designed for your child's type of riding—slalom, freestyle, or speed. Some boards are rated for the weight of the rider. Find a smooth skating surface for your child; good choices are skating trails and driveways without much slope (be careful about children skating into traffic). Check for holes, bumps, and debris that could make your child fall. Novice in-line skaters should start out in a skating rink where the surface is smooth and flat and where speed is controlled. Don't let your child skate in areas with high pedestrian or vehicle traffic. Children should not skate in the street or on vehicle parking ramps. Tell your child never to sketch. Sketching is the practice of holding on to a moving vehicle in order to skate very fast. People have died while skating. If your child is new to in-line skating, lessons from an instructor certified by the International In-line Skating Association may be helpful. These lessons show proper form and teach how to stop. Check with your local parks and recreation department to find a qualified instructor. If your child gets injured while skating, see your doctor. Follow all the doctor's instructions for your child's recovery, and get the doctor's OK before your child starts skating again.

Before You Begin Skating: If you still feel awkward on skates and perhaps somewhat intimidated, then it's time to learn all about inline skating from a safety perspective. The following is a discussion about rollerblading safety and contains a number of general inline skating tips.

Safety is the First Priority: Wear all your safety equipment all of the time. Watch out for bumps on roads, sidewalks, and trails. Stay alert and aware of what is happening around you. Watch out for other skaters, cyclists, pedestrians, and cars. Carry a whistle to let others know you are approaching. Be courteous, avoid leaves, water, and loose gravel on roads and trails. Look ahead for obstacles. Never lean backwards on your skates before you start to skate. Before you begin, check to ensure that your brake is not loose or worn out, your wheels are free of dirt, grime, or oil, your wheels are not loose or wobbly, the axles and nuts are tight, and you're wearing all of your safety gear.

Do Some Stretching

Do some stretches with your skates off. Before starting out, it's best to warm up your legs, hips, and lower-back, which are all used in rollerblading. In particular, stretch your calves, hamstrings, quadriceps, groin, abdominals, and lower back muscles.

Stopping with the Brake

The amount of leverage or the amount of stopping power you have depends partially on how worn your brake is. A half-worn brake will provide better leverage than either a new brake or a worn-out brake. Some people saw off part of the bottom of new brakes to avoid the annoying breaking-in period.

Learn to Relax

After you attain braking proficiency and speed control, then being relaxed while you skate should come fairly easy. Being relaxed isn't a way to look cool. Keeping relaxed is critical for bumps or debris on the trail that could make you trip and wipe out. When you're relaxed your body reflexes can respond better than when you're all tense from fear of falling. Basically, when relaxed, your knees, hips, and body are already in the right position to adjust to any bumps, turns, or obstacles that come up. If you're tense, you have to loosen up first before you can react.

SCOOTERS - NON MOTORIZED

Scooter Safety

Hi-tech foot-propelled scooters have become a global fad. Powered by the energy of the rider, they exercise the muscles and heart. They also require balance to ride on one leg while pushing with the other. Above all, they're fun to ride.

Today's kickboard scooters have small low-friction plastic wheels like those on in-line skates. Made of lightweight aluminum, they can weigh as little as 3 or 4 kg (6 lb) and fold for easy carrying. No wonder their popularity skyrocketed almost overnight - accompanied, not surprisingly, by a surge in related injuries. In 2000, as millions of Americans took up scooter riding, the US Consumer Product Safety Commission (CPSC) reported a 700 per cent increase in emergency visits for scooter injuries. Although scooters are equally popular among

urban professionals and youngsters, 90 per cent of the injuries were to children under 15 years of age. According to CPSC, protective gear could have prevented or reduced over 60 per cent of all injuries. Are scooters safe? In normal use they seem to be as safe as bicycles or skateboards. Similar precautions apply. Most scooters are designed to be ridden on smooth, flat surfaces. The small wheels can get caught in potholes, cracks or grated sewer covers. As with any sport, riders need common sense, skill and the proper equipment, and children must be supervised by a responsible adult. The high number of children being injured is partly due to trying spins, jumps and twirls. Scooters were not built for daredevil stunts. With a standard platform less than half that of a skateboard and only two wheels, they are less stable than a skateboard, which has four wheels. One fatality has been reported in the US: a six-year-old New Jersey boy was hit by a car in September 2000 while riding a scooter on the street in front of his home.

Scooter Safety Tips

Wear the right gear: protect yourself with a helmet, pads for the knees and elbows, and gloves. Wear shoes with toe protection - never bare feet, sandals or high-heels. Ride in a safe place: on a smooth, paved surface without traffic. Avoid streets or surfaces with water, sand, gravel, or dirt. Do not ride the scooter at night or in bad weather.

MOTORIZED VEHICLES (scooters /ATV/Choppers/Pocket Bikes/Dirt Bikes):

Safety Warnings

Please read carefully the safety warnings listed below. Some vehicles are intended for persons of age 16 and older. There are weight limits as well.

Warning: Do not use on public roads or on public highways.

A. Wear a helmet and protective wear when riding.

B. Inspect your vehicle thoroughly before each use. Make sure there are no loose or missing parts.

C. To avoid damage to the motor while going up hills. You may have to push the vehicle along with your foot/feet.

D. To avoid unintentional starts, turn the power off on the vehicle.

E. Do not leave the power supply switch on when not in use.

F. DO NOT use in wet conditions, you will short circuit the electric vehicle and void the warranty.

G. Do not place the battery near fire or heat. This may cause the battery to explode.

H. Do not expose the charger to moisture or water.

I. To avoid damage to the battery, do not use the charger, if it has been struck, dropped or damaged in any way.

J. Keep hands, face, feet and hair away from all moving parts.

K. Do not touch the motor or wheels while they are rotating.

L. Avoid gravel, sand, and grass or rough surfaces (most vehicles).

M. Never ride with more than one person.

N. Brakes are designed to control speed as well as stop the vehicle. Practice braking for slow-down and smooth stops in a safe environment.

O. While charging the battery, make sure that you are carefully connecting and disconnecting the wire to the power plug.

P. Do not ride near motor vehicles.

Q. Never ride near steps, sloped driveways, hills, roadways, allies, swimming pool areas or other bodies of water.

R. Never ride the scooter in wet conditions. Wet surfaces may increase stopping distance when braking.

S. Never tow wagons, other vehicles. Children on skates or skateboards.

T. Do not ride at night.

U. Always wear shoes when riding this scooter.

V. Give pedestrians the right-of-way. Don't ride too close to pedestrians.

W. Avoid hazards, which may hinder your ability to control your scooter. Potholes, ruts, uneven pavements, storm grating, gravel, curbs, leaves, puddles and debris can all have an effect on your riding and result in loss of control.

X. Do not ride off road or on rough pavement. Keep both hands on the handle bars.

Y. Do not wear anything that restricts your hearing.

CAUTION: Brake gently to avoid skidding or sudden stops. Skidding may cause excessive wear and damage to the scooter wheels. Never drink and operate power vehicles. Never leave unattended children with vehicle. **PRE - RIDE CHECK LIST**

You must perform a check of the following before each ride:

1. Look over the entire Scooter to ensure there are no visible problems with the scooter.
2. Check that the handle clamp and seat clamp are closed and properly locked.
3. Check that the tires have no cuts or exposed cords and are inflated properly.
4. Check to make sure all cables and wire are not frayed, cut or broken.
5. Check that the brake lever is tight on the handle bar and is working properly.
6. Pull the brake lever to make sure that:
 - a. The lever does not bottom out on the handle bar.
 - b. The brake holds the scooter from being pushed forward.
7. Check that the throttle is tight on the handle bar.
8. Check that all 4 axle nuts are tight.

If any of the above are not working properly or broken, have the Scooter serviced before riding.