

# Wheeled Recreation Resources: Bikes, In-line Skates, Scooters, and Skateboards

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*Section Editor's Note:* Readers are encouraged to contact the Section Editor with suggestions for future Injury Prevention and Control columns. International articles on injury prevention programs, research projects, resources and commentaries on safety issues are welcome.



Wheeled recreation activities-cycling, in-line skating, scooting and skateboarding have become increasingly popular in the past 5 years. Along with the surge in

popularity of these activities has come an increase in related injuries. This article will profile some of the national injury prevention resources available in the United States and Canada. Table I lists local sources of wheeled recreation safety information.

When selecting appropriate resources to use in an injury prevention program, the following questions should be considered:

1. Is the resource current? The publication date can be used to determine whether information on helmet standards, legislation, and other rules of the road has not become outdated.
2. Is the resource accurate? The resource should be reviewed to ensure that the information is from a reliable source.
3. Is the resource appropriate for the user? The material should be reviewed to determine

whether the resource **fits** the target audience for age, literacy level, and content.

4. Is the resource within the budget? There is a wealth of injury prevention resources available, both for free and at cost. Some free resources are available in limited quantities.
5. Is the resource in a helpful format? Examples of format include pamphlet, brochure, or flyer; poster; videotape; musical audiotape or compact disc; and comprehensive teaching program or curriculum support for the classroom.

The following series of tables presents a number of professionally developed resources that are available and can be immediately accessed locally or on the World Wide Web. Table I provides suggestions for local sources of wheeled recreation safety information. Tables 2 through 4 list bicycle safety resources, in-line skating information, and scooter and skateboard injury information.

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**Table 2.** Bicycle safety resources

| Organization   | Contact information   | Material available  |
|--|---|---|
| National Highway Traffic Safety Administration (NHTSA) | 400 7th St, SW, NTS-21, Washington, DC 20590<br>(202) 366-0910<br>www.nhtsa.dot.gov   | Material includes a wealth of bicycle safety information and resources. Check out their Web site for information and resources that can be ordered online. The site contains 'Safety City,' an interactive section for children (www.nhtsa.dot.gov/kids). A section of Safety City is the Bike Tour, at www.nhtsa.dot.gov/kids/biketour. Stops along the Bike Tour include equipment check, helmet junction, city biking, what to wear, and danger zones. |
| Emergency Nurses CARE                                  | 205 South Whiting St, Ste 403, Alexandria, Virginia<br>www.ena.org (go to ENCARE section)                                     | Material includes information on the 'Bike with CARE' program.  |
| Consumer Product Safety Commission (CPSC)              | (800) 638-2772 (hotline)<br>www.cpsc.gov  | The CPSC is a good resource on bicycle safety and helmet standards. Most information is free of charge, but quantities may be limited. Their Web site lists information on helmet and other equipment recalls.  |
| American Trauma Society                                | M3 Presidential Pkwy, Ste 512, Upper Marlboro, MD 20772-2656<br>(800) 556-7890<br>www.amtrauma.org/<br>programs/brochures.cfm | Their material includes a variety of traffic safety information, including bicycle safety.  |
| National SAFE KIDS Campaign                            | 1301 Pennsylvania Ave, NW, Ste I 000, Washington, DC 20004-1707<br>www.safekids.org   | They provide a variety of bicycle safety resources.   |
| Safe Kids Canada                                       | (888) 723-3847<br>www.satekidscanada.org/<br>English/SKW/SKW_RoadSafety/SKW-Cycling.html                                      | Material includes information on safety tips, features of helmets, bicycles, and child carriers.  |
| Canadian Institute of Child Health (CICH)              | 384 Bank St, Ste 300, Ottawa, Ontario, Canada K2P 1Y4 (613) 230-8838<br>www.cich.ca   | Fact sheets, a booklet, videotapes, and posters are available.  |
| Canadian Cycling Association                           | 1600 James Naismith Dr, Gloucester, Ontario, Canada K1B 5N4<br>(613) 748-5629<br>E-mail, cycling@cdnsport.ca                  | Manuals, textbooks, booklets, and videotapes are available.   |

**Table 2.** Continued

| <b>Organization</b>                               | <b>Contact information</b>   | <b>Material available</b>   |
|---|--|---|
| International Center for Injury Prevention        | 5009 Coye Dr, Stevens Point, WI 54481<br>(800) 344-7580 <a href="http://www.cipsate.org">www.cipsate.org</a>   | Colorful and entertaining resources are available for children, parents, caregivers, and teachers, such as storybooks, activity, books, and teaching kits.  |
| Bicycle Helmet Safety Institute                   | 4611 Seventh St South, Arlington, VA 22204-1419<br>(703) 486-0100<br>(703) 486-0576 (fax) <a href="http://www.bhsi.org">www.bhsi.org</a>   | The Web site is a very detailed source of current bicycle helmet information and includes program description and funding sources, resources for researchers, statistics, legislation, comprehensive helmet information, publications, video reviews, and helmet standards information, as well as a public "question and answer" section.  |
| League of American Bicyclists                     | 1612 K St NW, Ste 401, Washington, DC 20006-2082<br><a href="http://www.bikeleague.org">www.bikeleague.org</a>   | The Web site includes links to resources on cycling commuting, general cycling resources, helmet information, injury statistics, trip planning, and cycling project funding.  |
| National Center for Bicycling & Walking           | 1506 21 st St, NW, Ste 200, Washington, DC 20036<br>(202) 463-6622<br>(202) 463-6625 (fax)<br><a href="http://www.bikefed.org">www.bikefed.org</a>   | The organization was founded as the Bicycle Federation of America to promote more bicycle-friendly and walkable communities. Their focus is on issues of public health, including physical activity promotion, chronic disease prevention, environmental health, transportation, land use, public safety, and injury prevention.  |
| The Bike Hub: The National Bicycle Safety Network | National Center for Injury Prevention and Control<br>Mailstop K65, 4770 Buford Hwy NE, Atlanta, GA 30341-3724 (770) 488-1506<br>(770) 488-1667 (fax)<br><a href="http://www.cdc.gov/ncipc/bike/">www.cdc.gov/ncipc/bike/</a> | This is a coalition of public and private organizations and agencies working together for safe bicycle use, including reducing the incidence of traumatic brain injury, bicycle use, and promoting safe cycling as a viable transportation alternative. The Web site has information on helmets, bicycle safety month activities, bicycle safety programs, legislation, traumatic brain injury, publications, references, and links to other sites. |

**Table 3.** In-line skating information

| <b>In-line skating safety resources</b>   | <b>Contact information</b>  | <b>Materials available</b>  |
|---|---|---|
| International In-line Skating Association | 105 South 7th St, Wilmington, NC 28401<br>(910) 762-7004<br>(910) 762-9477 (fax) www.iisa.org   | Material includes learning to skate, purchasing equipment, rules of the road, resources, teaching skating, and media resources such as fast facts, health benefits, statistics, safety data, IISA programs, and the Skatepark Start-Up Guide. |
| Safe Kids Canada                          | 180 Oundas Street West, Ste 1300, Toronto, Ontario, Canada M3G 1Z8<br>(888) SAFE-TIPS<br>(416) 813-4986 (fax)<br>http://www.safekidscanada.org/English/Safety_tips/ST-InLine.html (go to section on injuries) | The Web site includes skating injury photos, information on skating injuries by body part, deaths related to skating, skating injury articles, foot blisters, road rash, and bruises.   |

**Table 4.** Foot-propelled scooter and skateboard injury on-line information

| <b>Resource</b>   | <b>Web sites</b>  |
|---|---|
| Selection of media coverage on scooter injuries with recommended safety practices                                       | http://abcnews.go.com/sections/us/DailyNews/ScooterInjuriesOO0905.html<br>http://abcnews.go.com/sections/Living/DailyNews/scootersOO0816.html<br>www.cnn.com/V2000/HEALTH/12/15/health.scooters.reutfindex.html |
| Consumer Product Safety Commission's scooter information  | www.cpsc.gov/pr/prscoot.html<br>www.cpsc.gov/cpscput/prerel/prhtmlOO/00178.html<br>www.kidsource.com/cpsc2/scooter.safety.html  |
| Centers for Disease Control and Prevention's report on scooter-related injuries in the United States from 1998 to 2000  | www.cdc.gov/mmwr/preview/mmwrhtmlVmm4949a2.htm  |
| 'Razor Kickboard' scooter information   | www.razor-scooter-company-26.corffindex.html  |
| Policy statement on skateboard injuries from the American Academy of Pediatrics   | www.aap.org/policy/9157.html  |
| Injury prevention tips for in-line skaters and skateboarders  | www.cdc.gov/safeusa/sports/skates.htm   |
| Reference list of articles on in-line skating injuries and prevention programs from the New England Journal of Medicine | http://content.nejm.org/cgiVcontent/abstract/335/22/1680  |