

SAFE SPORT

Lace Up and Learn Activity Book



Skate Canada

skatecanada.ca/safe-sport

THIS BOOK BELONGS TO:

Official Safe Sport Skater

**Lace up and
let's go!**



Skate Canada

We know you're going to glide through
this activity book and learn a lot.
Grab your favourite crayons and markers
and colour like it's a free skate!

Hey there, skater!

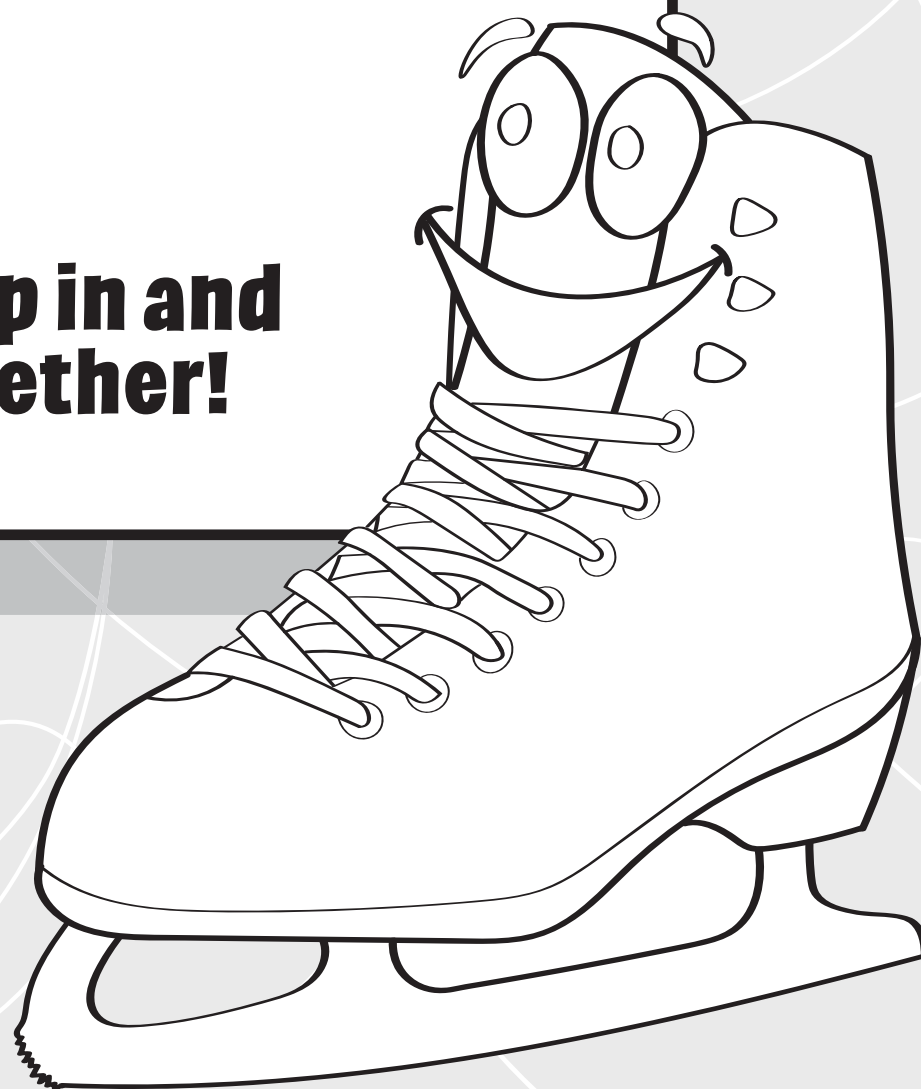
How much does a Zamboni weigh? Enough to break the ice!

My name's Blade and I'm here to help you and your family stay sharp and learn the do's and don'ts of safety.

To start, we have three tiers to keep you safe:

1. Promotion
2. Protection
3. Reporting

Let's jump in and learn together!



SAFE
Tier 1

An ICE Environment

Tier 1: Promoting a Safe Environment

Safety is a team sport! No matter what program you're skating in, we all have to stay on our toes to work together and keep each other protected.



STAY SHARP!

Match each image to its prevention tool.

Tier 2: Protection Through Prevention

You wouldn't travel without wearing a seatbelt.
You wouldn't bike without wearing a helmet.
And you wouldn't run without tying your shoelaces.

These are some ways we can practice safety inside and outside of the rink.

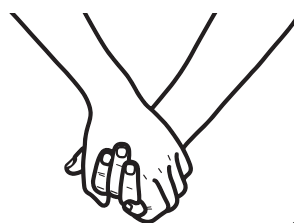


CONCUSSION PREVENTION

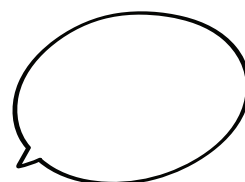


LISTENING

COMMUNICATION



BEING A GOOD SPORT



INCLUSION

SAFE
Tier 2

REMEMBER YOUR STEPS

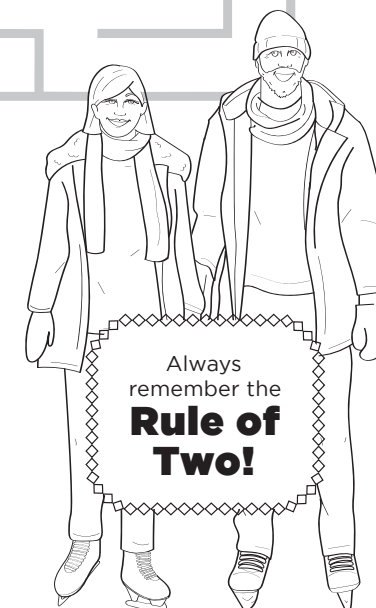
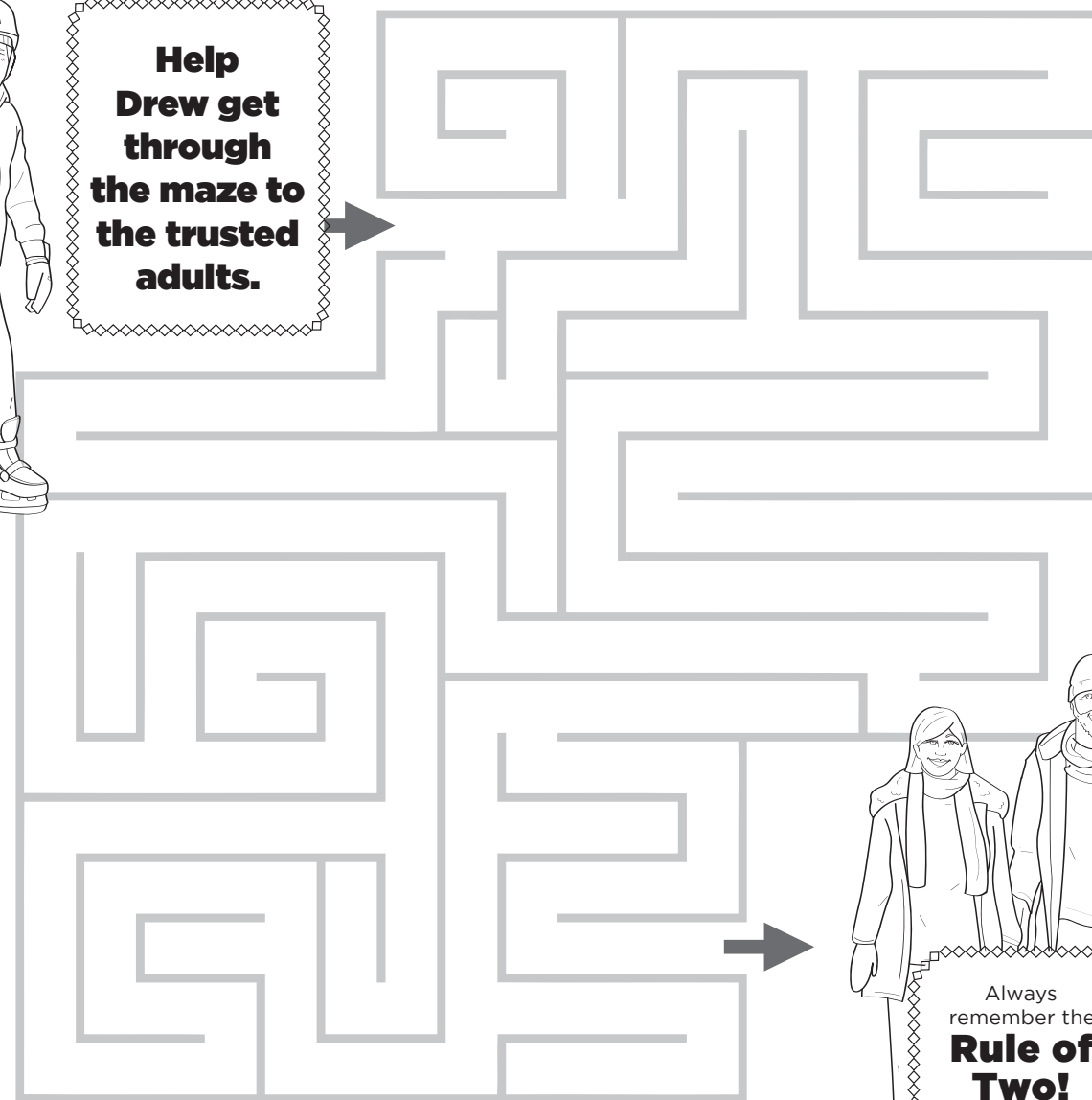
Tier 3: Providing a Safe Sport Resolution Framework

Your life as a skater should be full of learning, joy, and fun!

But if you ever feel scared, sad, unsafe, bullied, confused, upset, or just like something's off, you should always share that with a trusted adult.



Help Drew get through the maze to the trusted adults.



Always remember the **Rule of Two!**

SAFE
Tier 3

PROUDLY INCLUSIVE

Attitude is an important part of your routine
inside and outside the rink.

Did you know that every
colour in the Pride flag has
a different meaning?
Check it out!

Black = Diversity
Brown = Inclusivity
Red = Life
Orange = Healing
Yellow = Sunlight
Green = Nature
Blue = Harmony
Purple = Spirit

**That's why having
an inclusive, positive
attitude is not only
kind, it's cool.**

A SAFE PROGRAM

One of these skaters is practicing safety better than the other.
Spot the differences between these two pictures.

**Can you
spot all
four?**

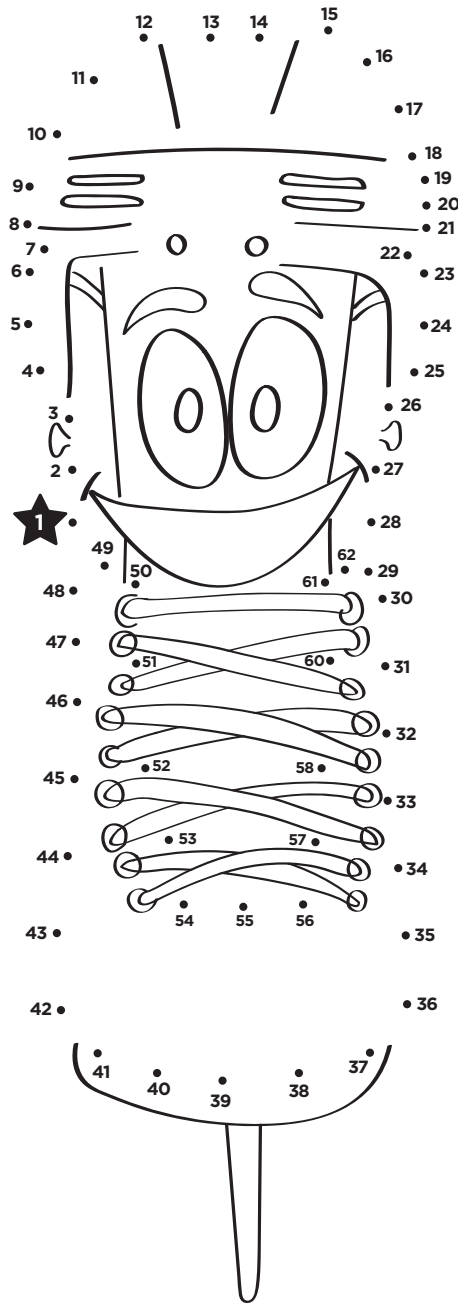
Need a hint?

Take a closer look
at the helmet.
When skating, your
helmet must fit snug
so it stays in place.
Adjust the chinstrap
so it gently sits
under your chin.

PROTECTING YOUR HEAD IS SMART

Think about concussion prevention.

A bump to the head is a big deal. If you or one of your skating friends hits their head during your lesson, use your head and tell an adult right away.



**When in doubt
remember the
STAR system:**

- S** Stop skating or playing!
- T** Tell an adult!
- A** Get assessed!
- R** Rest!

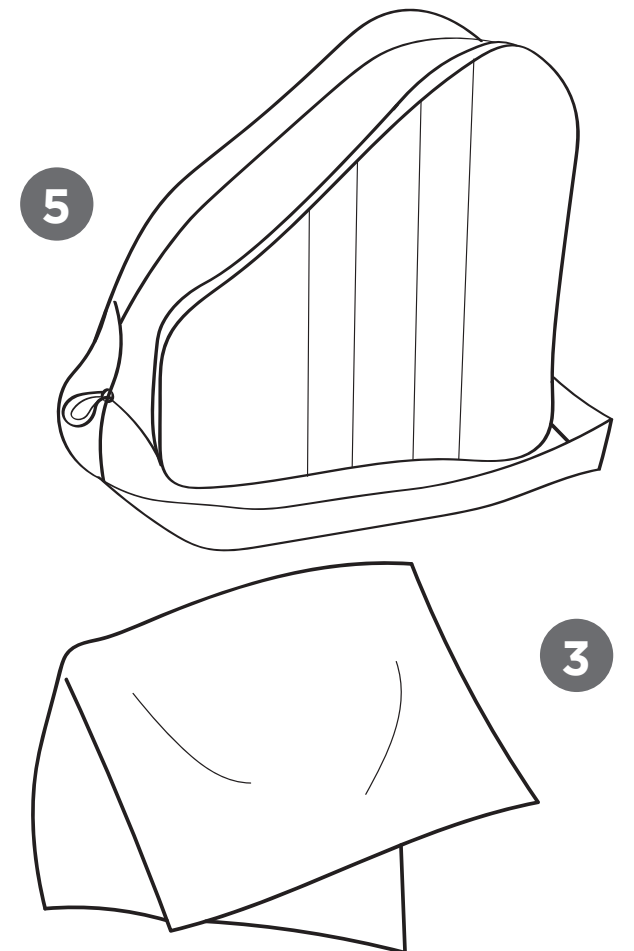
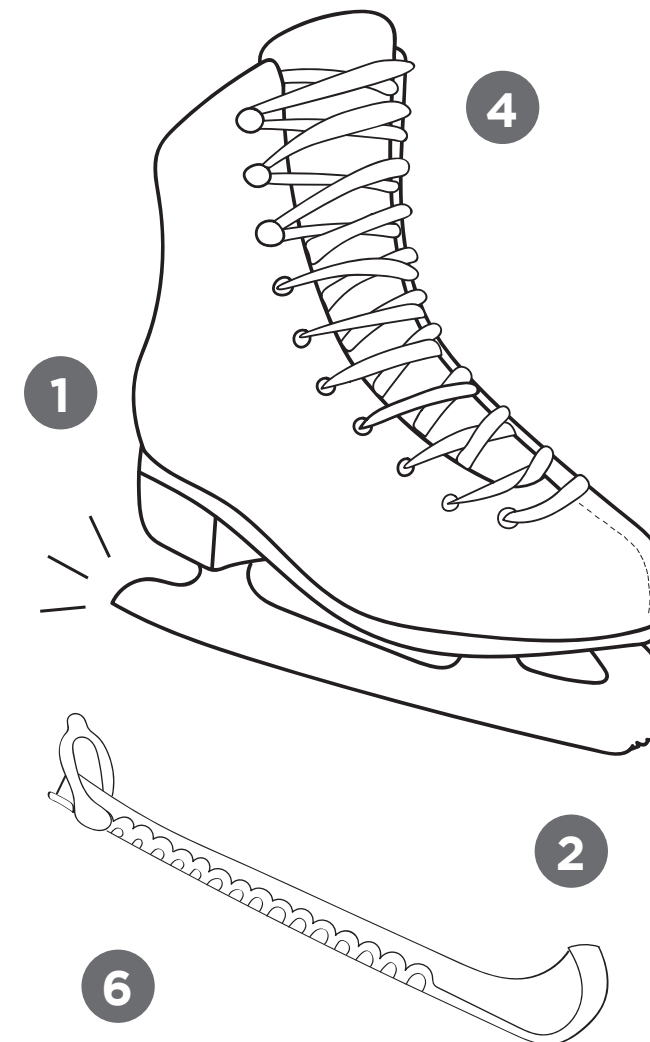
BE ON THE CUTTING EDGE OF BLADE CARE

BEFORE USE:

1. New skates always need to be sharpened before you step onto the ice. Resharpener your blades every 30-60 days.
2. When not on the ice, use blade guards.

AFTER USE:

3. Always dry and wrap your blades in a soft towel.
4. Air dry skates when not in use.
5. Keep your skate bag open to allow air in.
6. Storing skates with guards can cause rust on blades.



MATCH UP

Match these skates with their sport!



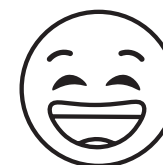
SGNIFEE

Telling people how you feel is brave. Sharing your emotions lets trusted adults and friends understand you better.

Can you identify these emojis and the feelings they represent?

















CONGRATULATIONS!

You Are The Champion My Friend!

**Reminder that like skating,
safety is all about practice!**

The National Safe Sport Program prepares you for greatness
by ensuring safety is always a winning part of your routine.

For more information please visit:

skatecanada.ca/safe-sport

THANK YOU!

Thanks for lacing up and learning how cool it is to be safe. I hope we meet again soon. But until then, you can always read this activity book whenever you want to sharpen your safety skills.



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