



RESPECT the  
SKATE  
PARK



HOW TO LOOK  
AFTER YOUR  
SKATE PARK,  
YOURSELF &  
EACH OTHER



# skate PARK GUIDELINES

## THINK ABOUT THE PARK

- Respect the plaza
- Discourage tagging and graffiti
- BMX & scooter riders
- Only bring what you need

## THINK ABOUT YOUR SAFETY

- Check it's safe to skate
- Protect yourself
- Be honest about your skills
- Think before you sit in an unsafe spot
- If you're hurt ask for help
- Stand back while you're waiting
- Watch your board
- Follow the traffic flow
- Watch out for other skaters

## THINK ABOUT EVERYONE ELSE

- Wait your turn & avoid marathon runs
- Don't one-up – leg up!
- Say sorry
- Remember everyone has to start somewhere
- Be welcoming



## CHECK IT'S SAFE TO SKATE

If there's dirt or water on the park your wheels will slip. Glass, rocks, bark & rubbish are dangerous to skaters, too. Make sure these are removed before skating. Bring a broom if you need to. If there is no way to make the park safe, find somewhere else to skate.

## PROTECT YOURSELF

Safety equipment can help you avoid injuries. Your head may seem tough, but concrete's tougher! Be smart & wear a helmet! We also recommend putting on knee, elbow and wrist protection.

## BE HONEST ABOUT YOUR SKILLS

Being a newbie isn't a bad thing. You just need to be careful & not try tricks that are above your skill level.

## THINK BEFORE YOU SIT

Don't sit or stand in the skate park. If you're having a break - move off the park & out of the way.

## IF YOU'RE HURT ASK FOR HELP

If you fall off your skateboard & aren't hurt get straight up & move out of the way. If you're badly injured, ask for help immediately. If you see someone who's injured make sure they're ok.

## STAND BACK WHILE YOU'RE WAITING

Stand back at least half a metre from the ramp while you're waiting. Don't stand on the edge. That's what the platform is for.

## WATCH YOUR BOARD

Skateboards hurt when they hit you. If your board slips out from under you yell "BOARD" to warn other skaters. If it flies off the park make sure it's clean before you start riding it again.



## FOLLOW THE TRAFFIC FLOW

Skating against the flow of traffic is dangerous. It can cause accidents or arguments. Before you start skating, spend some time watching the 'flow' of the park. Look both ways - just like you do crossing a road.

## WATCH OUT FOR OTHER SKATERS

It doesn't matter how good you are, everyone has to watch out for other people using the park.

## WAIT YOUR TURN & AVOID MARATHON RUNS

Take turns at having a run is important. Don't cut in front of someone who's been waiting. When it's your turn to skate don't do a massive run. Watch what other skaters are doing, & make sure your turn is around the same length as theirs.

## DON'T ONE-UP – LEG UP!

If you see someone trying to land a trick try not to embarrass them by doing the same trick in front of them just to show them how easy it is. Share your skills. Offer to help them out if you know what they need to change.

## SAY SORRY

If you accidentally break one of the rules or collide with someone, simply say "sorry". It's easy to do & people will respect you more.

## EVERYONE HAS TO START SOMEWHERE

Remember young kids often just need someone to point out the rules. Don't be hard on them. You were just like them once!

## BE WELCOMING

Make sure visiting users of the park feel welcome. Treat them as you would like to be treated if you were visiting another skate park.





## THINK about the PARK

It's a place for everyone – locals, guests, young people, older people & families. Be proud of it & do your bit. Report any damage to Council. Put rubbish in the bins provided. Take responsibility & make sure it continues to be a place we can all be proud of.

### DISCOURAGE TAGGING & GRAFFITI

Tagging/graffiti isn't a good look in a skate park. Plus, it can also make the surface slippery and hard to skate on. So please don't do it!

### BMX & SCOOTER RIDERS

The plaza is here for everyone, but remember it has been designed for skateboarders. A BMX rider can cause a lot of damage to others if they collide! Other users are welcome but think before you have a go. Metal bike pegs damage the concrete. Plastic or carbon fibre pegs are a much better idea for BMX riders in skate parks. Scooter bases can damage the concrete if the scooter riders stand on the edge of the ramps waiting for a turn – so keep back from the edge.

Everyone needs to be respectful of others using the facility.

### ONLY BRING WHAT YOU NEED

A few bucks and a phone in your pockets is much easier to keep track of than a backpack in a crowded park. Some people are thieves. And since skate parks tend to have lots of people in them, it's important to keep an eye on your stuff.



If there is a major incident at the park call the Police or Ambulance immediately on 000.

"Skateboarding is a great alternative to organised sport that not only pushes you physically and mentally. It builds skills like confidence, self esteem, creative thinking, persistence and resilience. The skateboard culture also encourages diversity and individuality and promotes positive social behaviour."

Tony Caruana, Canberra Skateboard Association President



FOR MORE INFORMATION CONTACT  
WOLLONGONG CITY COUNCIL 4227 7111,  
[WWW.WOLLONGONG.NSW.GOV.AU](http://WWW.WOLLONGONG.NSW.GOV.AU)

WOO 1300893.6.15  
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