Read before you skate

Skating carries a risk of falls and serious injury, on synthetic panels as on ice. You use the product at your own risk. Read this sheet, and make sure everyone who skates on your rink has read it too.

1. **Wear a helmet, every time.**
   Gloves, wrist guards, elbow pads and knee pads reduce injuries from falls, especially for beginners.
2. **Minors skate under adult supervision.**
   An adult stays beside the rink for as long as a minor is on it.
3. **Use a flat, hard, dry surface.**
   Concrete, asphalt, pavers, a wood or tile floor. Never grass, gravel, thick carpet or a slope.
4. **Check the rink before every session.**
   Every panel fully locked, every seam closed and level, the surface clean and dry, nothing lying on it.
5. **Keep the area around the rink clear.**
   No walls, furniture, vehicles or steps you could fall onto. Never set it up near stairs, a pool or a road.
6. **Start slowly.**
   The surface has more resistance than ice. Take a few minutes to get used to it before you skate at speed.
7. **Look after your skates.**
   Blades are sharp: use blade guards off the rink and keep skates away from small children. Expect to sharpen more often than on ice.
8. **Shooting pucks.**
   Shoot only toward a net or a backstop, away from windows, vehicles and people.
9. **Outdoors.**
   Do not skate on a wet surface. Cover the rink or bring it in when you are not using it.

Keep this sheet with your rink. The full safety notice and the Installation & Care guide are on our site.

Contact us through the form or at support@glidenestice.com. We reply within 2 business days.