

Snowplow Sam

Have fun skating and stay safe from head to toe!

EYES:
Keep eyes
up and look
at instructor.

HEAD:
Wear a helmet
that fits properly.

EARS:
Listen to your
instructor.

HANDS:
Wear gloves.

ARMS:
Keep arms
strong and
straight.

BODY:
Layer your
clothing.

KNEES:
Bend Knees.

FEET:
Make sure skates
fit properly and are
laced correctly.

TOES:
Wear thin
socks.

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