

Skate classes & camps

Want to learn to skate or improve your skills? Learn from the best!

PORTLAND PARKS & RECREATION SKATEBOARD PROGRAM

What: Programs boosting confidence and abilities while encouraging critical thinking and skatepark etiquette
Offers: Citywide year-round skate classes and clinics; private coaching
PortlandOregon.gov/parks/50045



Steve Lanigan

SKATE LIKE A GIRL PDX

What: Non-profit organization empowering women and girls through skateboarding and creating an inclusive skateboarding community
Offers: Monthly clinics, private lessons, school-based programs and summer camps
SkateLikeAGirlPDX.com

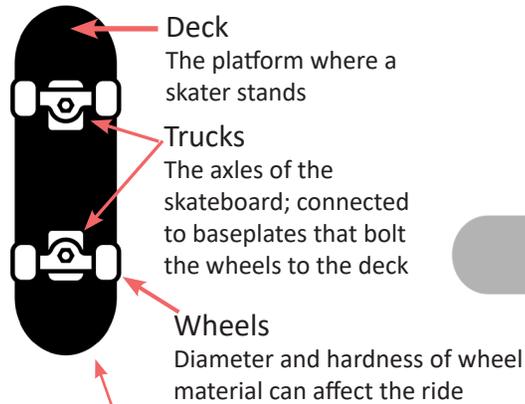


COMMONWEALTH SKATEBOARDING

What: For-profit indoor concrete skatepark and board shop in inner SE Portland
Offers: Year-round skate classes and clinics, kids-only skate sessions, free monthly Skate Like a Girl clinics
CWskate.com



Basic board terminology

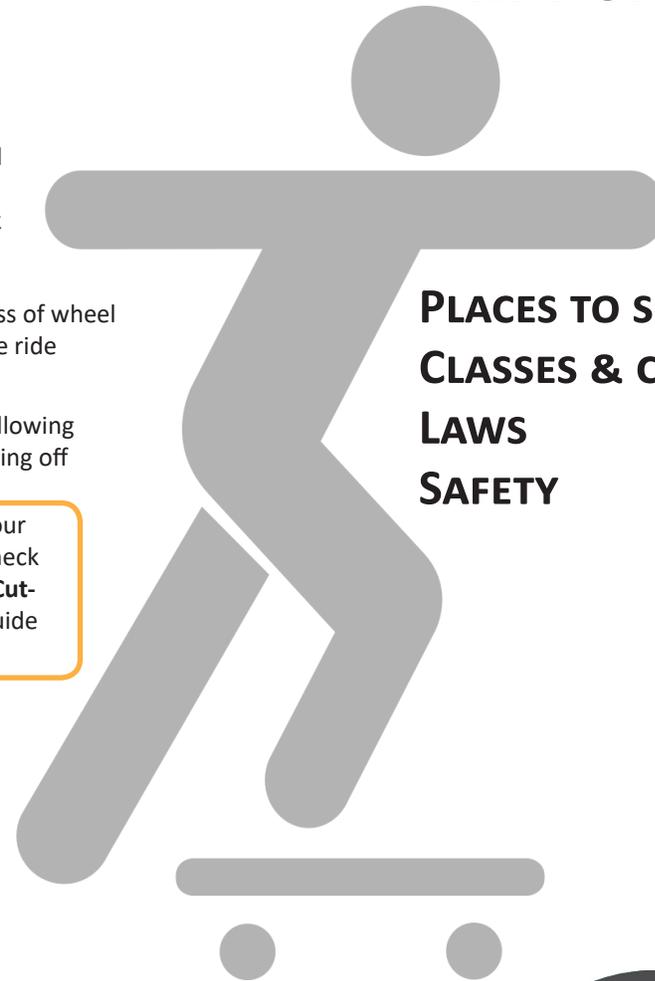


Grip Tape
Coarse sandpaper on top of the deck allowing your feet to grip the board without sliding off

Adding your own design flare to your board is fun to do with grip tape. Check out instructables.com/id/How-to-Cut-Grip-Tape-Art/ for a step-by-step guide on crafting a cool design.



Skateboarding in Portland



PLACES TO SKATE
CLASSES & CAMPS
LAWS
SAFETY



saferoutesportland.org



PBOT
PORTLAND BUREAU OF TRANSPORTATION



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Knowing the rules

SKATEBOARDING IS LEGAL

In 2000, Portland City Council enacted City Code Section 16.70.410, making it legal to skateboard on most city streets. Before then, skateboarders could be fined \$2500 for skating on streets. Skateboarders now have a legal status similar to bicyclists.

HELMET LAWS

All skateboarders under age 16 are required to wear a helmet. Failure to do so can result in a \$25 fine. Find resources for low-cost helmets at saferoutesportland.org.

TRAFFIC LAWS

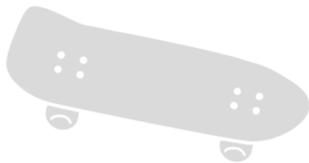
Traffic laws apply to skateboarders just as they do to bicyclists. Stay in your lane, obey stop signs and red lights, and ride respectfully around pedestrians.

SKATING AT NIGHT

Skateboarders, just like people on bikes, are required to wear a white light in front that's visible from at least 500 feet, and a red light or reflector in back that is visible from at least 600 feet.

SKATING IN DOWNTOWN & LLOYD

Skateboarders should stay off sidewalks in the downtown core and within the Lloyd Business District. Sidewalk skating outside the prohibited area is fine, just make sure you give people walking or in wheelchairs ample space.



Safety for younger riders

WEAR PROTECTIVE EQUIPMENT

- All young skaters should wear properly fitted skateboard or multi-sport helmets
- Knee and elbow pads can encourage proper falling techniques
- Wrist guards can minimize wrist injuries



STAY ALERT

- When riding on sidewalks or streets, look for cars exiting driveways and parking lots, and especially when crossing intersections. People driving may not be expecting you.

BE RESPECTFUL

- Slow down when passing people on the sidewalk, and let them know you're passing so they won't be startled. Be aware of your surroundings when trying new tricks.

