 Scoot to School Week 11th - 15th March 2019

Here are some of Caitriona's tips for using a scooter/flicker:

\* To make sure your helmet fits correctly, there should be 2 fingers between your helmet and your eyebrows

\* The strap of your helmet should come in a V shape under the ear

\* You should be able to place 1 thumb between the strap of the helmet and your chin

\* The foot you kick a football with is your scooting foot

\* Avoid scooting on the road - path only!

\* Always carry your bag on your back and not the handlebars

\*If you need to get off your scooter quickly, do an emergency stop (jump off with your two feet either side of the deck)

\*Glide along if you want to take a break and conserve energy

We really enjoyed taking part in the workshop and the boys learned lots!