



## School Program – Parent & Student Letter

### Dear Parents and Students -

Alien In-Line is coming to your school soon! We hope you are looking forward to our program!

### Program Content -

Many basic and advanced skating skills are taught during the Alien In-Line program. Skills introduced will vary based on student's abilities and may include; standing on skates/basic position, simple forward motion, several ways to stop, several ways to turn, safe skating strategies, road/pathway etiquette, and non-aerial jumping.

Instruction time is followed by games chosen to use the skills in a more active situation. Some sessions may end with a period of free skating time, often accompanied by music.

### Safety and Protective Gear -

Alien In-Line provides protective gear for each student (knee pads, elbow pads, wrist guards, helmet). We are VERY strict in requiring that it be used at all times. We teach students the importance of wearing protective gear while skating – and recommend that you, as parents, reinforce this message at home.

### Helmets and Head Lice -

Alien In-Line strictly requires ALL students to wear a certified helmet at ALL times while on skates. We provide certified helmets for all students, but are aware of that use of shared helmets can contribute to the spread of head-lice. Due to allergy and environmental concerns, we do NOT treat our helmets with anti-lice pesticides – and suggest that parents concerned about head-lice have children bring their own helmet to school for use during the Alien In-Line program. Bike, skateboard, and hockey helmets are acceptable. Football, BMX, ski/snowboard, or other types of helmets are NOT acceptable.

***The most effective way to avoid the spread of head lice is for each student to bring and use their own helmet for the Alien In-Line program***

### Proper Attire -

We suggest that students wear comfortably fitting clothes on skating days (not too tight and not too baggy). Skirts or dresses should be avoided. All students should have clean, dry socks.

Check us out on social media [@alieninline](https://www.instagram.com/alieninline)

Buy your Rollerblades from the experts at [shop.alieninline.com](http://shop.alieninline.com)