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.

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

**KNEES:**
Bend Knees.

**TOES:**
Wear thin socks.

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