

Ice skating/History/Skate Design/Risks



Ice skating

Ice skating is a sport in which people slide over a smooth ice surface on steel-bladed skates. Millions of people skate in those parts of the world where the winters are cold enough.

History of Ice Skating

- The modern word skate is derived from the Dutch word schaats , meaning "leg bone" or "shank bone."

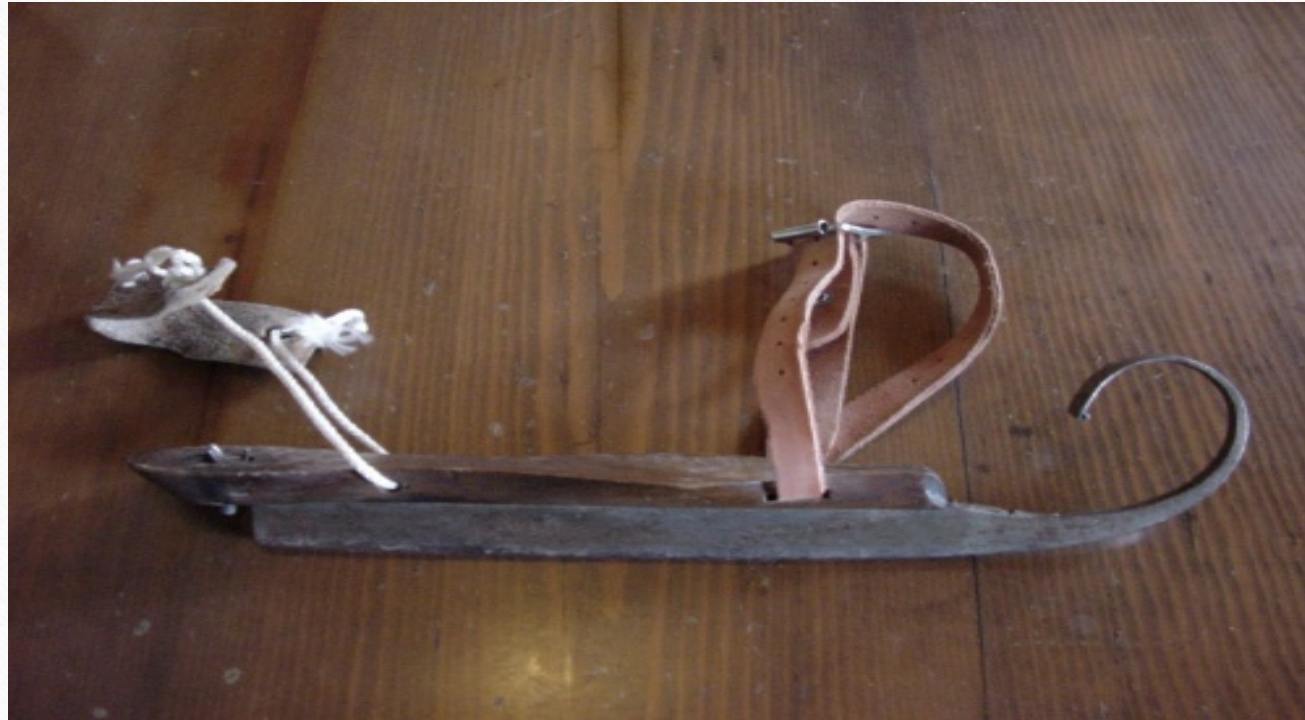




History

- People probably skated on ice in the Scandinavian countries before the Christian era. The first skates are believed to have been sharp splinters of animal bone fitted to the bottoms of boots to ease travel over ice.

The first skate with a steel blade



Skate Design

- *The blade of the skate is slightly concave
- *two edges, which come in contact with the ice.
- *The forward part of the blade, the toe-rake, is saw-toothed



American Athletic Shoe Girl's Tricot Lined Ice



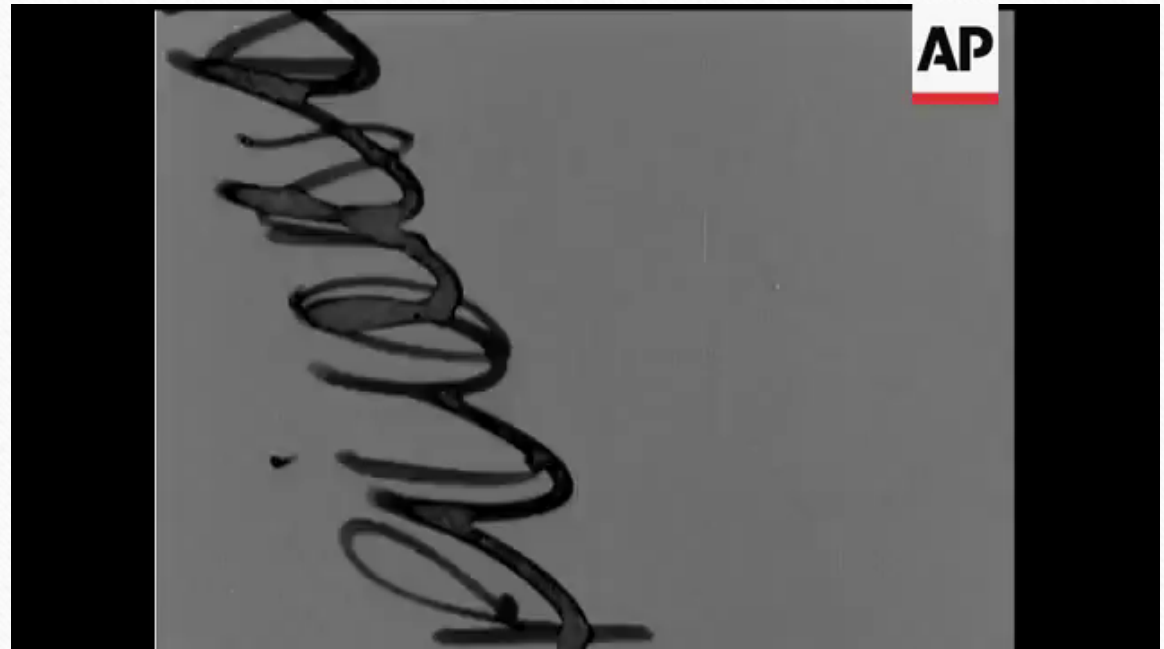
Figure skating

In this sport, people perform dramatic movements in groups or individually



Ice hockey

It is a team sport and its members try to insert a special ball into the opponent's goal with a cane.



Speed skating

Speed skating is a competitive form of ice skating in which the competitors race each other in travelling a certain distance on skates.



Tour skating

Tour skating is recreational long distance ice skating on natural ice.



Risks of ice skating

Ankle sprains and fractures

Head injuries

knee injuries

Hand and wrist injuries

Smooth ice

Steel bladed

Shank bone

Concave

Saw-toothed

Opponent's

Recreational

یخ صاف

تیغه فولادی

استخوان ساق پا

مقعر

دندانه دار/اره مانند

حریف

تفریحی