



PARC SGLEFRIO • SKATE PARK



DANGOSWCH BARCH AT Y PARC HWN. PEIDIWCH Â'I FANDALEIDDIO NAG YMYRRYD Â'R STRWYTHUR, MAE'R PARC SGLEFRIO HWN AT FUDD Y GYMUNED GYFAN NI CHANIATEIR ALCOHOL NA CHYFFURIAU AR Y SAFLE HWN

PLEASE TREAT THIS PARK WITH RESPECT. DO NOT VANDALISE IT OR OTHERWISE INTERFERE WITH THE STRUCTURE, THIS SKATE PARK IS FOR THE BENEFIT OF THE WHOLE COMMUNITY. NO ALCOHOL OR DRUGS ALLOWED ON THIS SITE

RHEOLAU AC YMDDYGIAD AR Y PARC SGLEFRIO

Dylai rhieni a gwarcheidwaid plant dan 8 oed a sglefwyr di-brofiad dan 1.2 metr fanteisio ar logi offer diogelwch a RHAID i blant dan 8 oed fod yng nghwmni sglefwyr oedolyn (dros 16 oed). Rhaid i blant dan 16 oed wisgo helmed bob amser yn y parc.

Peidiwch â nadreddu!

Nadreddu yw pan fo rhywun yn neidio o flaen person arall sy'n disgwyl eu tro i reidio/sglefrío i gyfeiriad neilltuol. Mae'n bwysig pan fyddwch yn disgwyl ar frig ramp/powlen/adran eich bod yn disgwyl eich tro ac yn peidio â mynd ar draws y person arall. Os bydd gormod o bobl yn ceisio reidio yn yr un lle yna bydd damweiniâu yn digwydd felly byddwch yn barchus gan ddisgwyl eich tro a chadw'r parc yn ddiogel. Os ewch ar eu traws yn ddamweiniol, dangoswch eich parch drwy lldio neu symud o ffordd y person nesaf a chydabwyddwch y camgymeriad.

Defnyddio'r rampiau

Defnyddiwch y rampiau os gallwch wneud hynny yn unig, a pheidwch â mentro y tu hwnt i'ch gallu. Os oes angen i chi ddechrau'n araf yna arhoswch yn yr adran i ddechreuwr sydd y tu blaen i'r parc a gadewch y bowlen a'r cledrau hyd nes i chi fod yn ddigon hyderus! Peidiwch â sefyll ar frig y ramp y barod ar gyfer eich tro pan fydd rhywun yn defnyddio'r parc gan y byddwch yn amharu arnynt ac yn creu rhwystr. Sefwch yn glir oddi wrth y polion metel ar frig y rampiau a elwir yn "copin" a pheidwch â gadael i unrhyw beth hongian drostynt.

Rhedidau hirion

Byddwch yn barchus yma a cheiswch i pheidio treulio gormod o amser ar raddiad gan fod hyn yn golygu bod rhaid i bobl ddisgwyl amdanoch ac mae hynny'n annheg. Byddwch yn ymwybodol o'r bobl sy'n disgwyl a mesurwch eich rhediad yn unol â hynny.

Gallu

Reidiwch/sglefríwch hyd at eich gallu yn unig a pheidwch â mentro gormod. Os gwnewch, byddwch mewn perygl difrifol o anafu eich hun a/neu eraill. Peidiwch â cheisio disgyn i mewn i bowlen gan na allwch reidio ar glawdd gwastad hyd yn oed. Cymerwch ofal i ddechrau arni a threuliwch amser yn dysgu eich crefft. Drwy wneud hynny byddwch yn gwella heb gael anaf yn y broses.

Parc

Mae pawb yn y parc yn haeddu bod yno hyd yn oed os ydynt yn ddechreuwr llwyr. Peidiwch â gwawdio rhywun os na allant wneud camp neu os nad ydynt cystal â chi. Cefnogwch ac anogwch eich glydd – dyna sy'n gwneud parc sglefrío yn lle unigryw. Ceiswch drin eraill fel y disgwylwch iddynt eich trin chi a bydd llai o ddamweiniâu a bydd dysgwyr yn meistroli eu crefft yn llawer cynt. Helpwch nhw a dangoswch iddynt sut i ddefnyddio'r parc yn gywir, yn hytrach na gweiddi arnynt! Cofiwch bob tro eich bod chithau wedi bod yn ddechreuwr, felly anogwch a chefnogwch eraill i greu amgylchedd cadarnhaol i fod ynddo.

Byddwch yn wyladwrs

Gall parc sglefrío fod yn lle peryglus, felly sicrhewch eich bod yn ymwybodol o beth sy'n mynd ymlaen o'ch cwmpas, a chadwch lygad am ddefnyddwyr eraill bob tro. Wrth i chi groesi'r parc i fynd i'r gwahanol adrannau sicrhewch eich bod yn edrych i'r ddau gyfeiriad gan sicrhau nad ydych yn mynd ar draws rhediad rhywun arall. Ceiswch ragweld eu llwybr er mwyn osgoi mynd ar eu traws a chael ana! Os ydych yn syrthio sicrhewch eich bod yn mynd o'r ffordd cyn gwynted â phosibl. Os ydych wedi brifo'n ddifrifol, rhaid i chi alw am gymorth.

Eistedd o gwmpas

Os nad ydych yn reidio a hoffech gymryd seibant, peidiwch ag eistedd o gwmpas yn y parc gan y byddwch yn rhwystru pobl eraill ac yn debygol o achosi anaf iddynt. Ewch i'r ardal lledlawr lle mae seddi a golygfa wych fel y gallwch weld popeth.

Offer diogelwch

Rydym yn argymhell bod yr holl ddefnyddwyr yn gwisgo offer diogelwch gan gynnwys helmed, padiau penelin, arddwrn a phenglin wrth i chi ddefnyddio'r parc sglefrío. Rhaid i blant dan 16 oed wisgo helmed drwy'r amser yn y parc.

Mwynhewch!

Y rhan bwysicaf o fod yn y parc sglefrío yw cael hwyl a mwynhau, peidiwch â chanolbwytio gormod ar eich doniau – mwynhau sy'n bwysig! Ewch ati i ymarfer a gwella.

SKATE PARK RULES & ETIQUETTE

Parents and Guardians of Under 8's and inexperienced skaters under 1.2 metres must be advised of the safety benefits of hiring safety equipment and under 8's MUST be accompanied by an adult skater (over 16 years old). Under 16's must wear a helmet at all times when in the park.

Don't snake!

Snaking is when a person jumps ahead of a person waiting their turn to ride/skate a line. It is important when waiting at the top of a ramp/bowl/section that you wait your turn and don't "Drop in" on them. If too many people are trying to ride the same thing there are going to be accidents so be respectful and wait your turn and keep the park safe. If you "drop in" by mistake show your respect by stopping or moving out of the way of the person who's turn it is and acknowledge the error.

Using the ramps

Please only use the ramps if you are able to, and know your limits. If you need to start small then stick to the beginners section at the front of the park and leave the bowl and rails until you are ready! Don't stand on top of the ramp ready to drop in when there is somebody using the park as you will only get in their way and create an obstruction. Stand clear of the metal poles at the tops of ramps which are called "coping" and don't let anything hang over them.

Long runs

Be respectful here and try not to spend too long on a run as this means people just have to wait for you and it's unfair. Be aware of the people that are waiting and judge your run accordingly.

Ability

Only ride/skate at your ability and don't try to do something that you are not ready to undertake yet. If you do you will be at serious risk of injuring yourself and/or others. Don't try to drop into a bowl when you can't even ride down a flat bank. Take it easy to begin with and take time to learn your trick. That way you will be better at it and not get injured in the process.

Respect

Everyone in the park deserves to be there even if they are a complete beginner. Don't start mocking someone if they can't do a trick or are not as good as you. Support and encourage each other - that's what makes the skatepark a unique place to be. Treat others as you expect to be treated and there will be fewer accidents and a much faster learning curve for beginners. Help them out and show them the correct use of the park, don't just shout at them! Always remember you started somewhere, so encourage and support others to create a positive environment to be in.

Be aware

A skatepark can be a dangerous place to be, so always make sure that you are aware of what is going on in your surroundings and watch out for other users. When crossing the park to get to the different sections make sure that you look both ways and be sure that you are not going to get in the way of someone's run. Think about where they might be going so you can anticipate their direction and avoid getting in the way or hurt! If you fall off make sure you get out of the way as soon as possible. If you fall off get back up and move out of the way. If you are seriously hurt you need to call for help.

Sitting around

If you are not riding and want to take a break please don't just sit around the park as you will be getting in someone's way and will only frustrate them and likely cause an injury. Go to the mezzanine area where there is seating and a great view so you can see everything.

Safety gear

We recommend that all users wear protective gear including helmets, elbow, wrist and knee pads when using the skatepark. Under 16's must wear a helmet at all times when in the park.

Have fun!

The most important part of being in the skatepark is to have fun and enjoy yourself and it doesn't matter about how good you are as long as you have fun! The more you practice the better you will be and there is no substitute for practice