

Name _____

Skateboarding Survival: The Art of Falling Safely

Short Answer

1. What should skateboarders do with their limbs when falling to minimize the risk of injuries?
2. Explain the concept of "rolling with the fall" in skateboarding and why it is crucial for reducing injuries.
3. Why is it essential for skateboarders to wear protective gear, including helmets, knee pads, elbow pads, and wrist guards?
4. How can practicing falls on a soft and safe surface help skateboarders react more instinctively during actual falls?
5. What is the significance of knowing your limits when skateboarding, especially when it comes to attempting tricks or maneuvers?

