

Name _____

Skateboarding Survival: The Art of Falling Safely

Multiple Choice Answer Key

1. b. Relaxing helps distribute the impact more effectively.
2. b. Trying to land on your shoulder, hip, or thigh to distribute the impact.
3. b. To distribute the impact over a larger surface area.
4. c. To minimize the risk of injuries during falls.
5. c. To minimize the risk of head injuries, including concussions.

