

Name _____

Skateboarding Survival: The Art of Falling Safely

Short Answer Key

1. Skateboarders should avoid extending their limbs fully and keep their arms bent and close to their body.
2. "Rolling with the fall" means attempting to land on your shoulder, hip, or thigh to distribute the impact and avoid taking the full force on one point. It is crucial because it helps disperse the energy of the fall and reduces the risk of severe injuries.
3. Protective gear is essential because it minimizes the risk of injuries during falls. Helmets protect against head injuries, knee and elbow pads protect joints, and wrist guards protect wrists from sprains and fractures.
4. Practicing falls on a soft and safe surface helps skateboarders become familiar with the proper techniques for falling safely. This familiarity allows them to react more instinctively when actual falls occur, reducing the risk of injuries.
5. Knowing your limits is crucial for safety. Attempting tricks or maneuvers beyond your current skill level increases the risk of falls and injuries. Understanding your capabilities helps you make safer decisions while skateboarding.

