

Name _____

Skateboarding Survival: The Art of Falling Safely

Open-Ended Response Answer Key

1. Responses will vary based on personal experiences. An example might be, "I once lost my balance while attempting a trick and fell. By staying relaxed and rolling with the fall, I avoided any serious injuries and was able to get back on my board quickly."
2. Protective gear is essential in skateboarding safety. Helmets protect the head from concussions and head injuries. Knee and elbow pads protect joints from sprains and fractures. Wrist guards prevent wrist injuries. Together, they minimize the risk of severe injuries during falls.
3. Staying alert and focused allows skateboarders to react quickly to unexpected obstacles or changes in terrain. For example, being attentive helped me avoid a potential fall when I noticed a small rock on my path and adjusted my course to avoid it.
4. Responses may vary, but an example could be, "In my opinion, 'rolling with the fall' is the most crucial tip because it can disperse the impact and prevent serious injuries. By practicing this technique, skateboarders can greatly reduce the harm caused by falls and enjoy a safer skateboarding experience."

