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Skateboarding Survival: The Art of Falling Safely



Skateboarding is an exhilarating and challenging sport that often involves pushing the limits of your skills and attempting new tricks. However, with these exciting endeavors comes the inevitable risk of falling. Learning how to fall properly is an essential skill for any skateboarder, as it can greatly minimize the risk of injuries and help you get back on your feet faster. In this reading passage, we will explore the proper way to fall and reduce injuries while skateboarding.

The Importance of Falling Safely

Skateboarding is notorious for its spills and tumbles. However, by understanding how to fall safely, you can significantly reduce the chances of severe injuries such as fractures, sprains, or concussions. Here are the steps to follow to minimize harm when you find yourself losing balance:

1. Stay Relaxed

When you sense that a fall is imminent, the natural reaction may be to tense up or panic. However, staying relaxed is key to absorbing the impact. Keep your muscles loose, and avoid rigid posture, which can lead to more severe injuries.

2. Roll with the Fall

Rolling with the fall means attempting to distribute the impact over a larger surface area of your body rather than taking the full force on one point. Tuck your chin towards your chest and try to land on your shoulder, hip, or thigh to disperse the energy of the fall.

3. Avoid Extending Your Limbs

To reduce the risk of fractures or sprains, refrain from extending your arms or legs fully when falling. Instead, keep your arms bent and close to your body. This can help protect your wrists and elbows.

4. Slide or Roll It Out

If you're moving at a higher speed, sliding or rolling can be a safer way to dissipate energy and prevent road rash. Try to slide or roll on your side, keeping your body in motion rather than abruptly coming to a stop.



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5. Protect Your Head

Your head is the most vulnerable part of your body during a fall. Always wear a properly fitting helmet to minimize the risk of head injuries, including concussions. In the event of a fall, tuck your chin to protect your head and try to roll onto your shoulder.

6. Practice Falling

Believe it or not, practicing falls can help you react more instinctively when an actual fall occurs. Find a soft and safe surface, like a grassy area or padded gym floor, and practice rolling, sliding, and tucking.

7. Wear Protective Gear

Protective gear, including helmets, knee pads, elbow pads, and wrist guards, is essential for minimizing injuries. Always wear the appropriate gear when skateboarding, especially if you're attempting new tricks or riding at higher speeds.

8. Know Your Limits

Understanding your skill level and knowing when to push your boundaries versus when to play it safe is crucial. Don't attempt tricks or maneuvers that are beyond your current abilities, as this can increase the risk of falls and injuries.

9. Stay Alert and Focused

Remaining alert and focused while skateboarding can help you react quickly to unexpected obstacles or changes in terrain, reducing the likelihood of falls.

10. Learn from Falls

After a fall, take a moment to assess what went wrong and what you can learn from the experience. Understanding the cause of the fall can help you avoid similar situations in the future.

