

Name _____

Skatepark Mastery: Navigating Ramps, Bowls, and Obstacles Safely

Multiple Choice Questions

1. What is the recommended approach when navigating ramps if you're new to them?
 - a. Start with the largest ramps
 - b. Begin with smaller ramps and work your way up
 - c. Attempt aerial tricks right away
 - d. Avoid ramps altogether

2. Which body position is recommended when approaching ramps?
 - a. Leaning forward as much as possible
 - b. Keeping your body weight centered over the skateboard
 - c. Leaning backward to gain more speed
 - d. Crouching down completely

3. What is the primary technique used when skating in bowls?
 - a. Jumping off the skateboard
 - b. Pumping and speed control
 - c. Riding straight without any turns
 - d. Balancing on one foot

4. What should skateboarders be aware of when navigating skatepark obstacles?
 - a. Ignoring other skaters
 - b. Avoiding safety gear to increase flexibility
 - c. Knowing their skill level and not attempting challenging tricks
 - d. Attempting tricks that are beyond their current abilities

5. Which of the following is a crucial safety tip for navigating skatepark features?
 - a. Never wear protective gear
 - b. Ignore the rules and etiquette of the skatepark
 - c. Be aware of your surroundings and communicate with other skaters
 - d. Attempt tricks that are beyond your current skill level

