

Name \_\_\_\_\_

## Skatepark Mastery: Navigating Ramps, Bowls, and Obstacles Safely

### Open-Ended Response Answer Key

1. Responses will vary based on personal experiences. Example: "I once conquered a steep ramp at our local skatepark. I started slow, used proper body positioning, and gradually gained confidence. As I successfully navigated the ramp, the feeling of accomplishment and exhilaration was amazing!"
2. Pumping in skateboarding involves shifting your weight to generate momentum. When approaching a ramp or bowl, you push through your knees and hips while going up, and then pull up and shift your weight backward as you come down. This pumping motion is crucial for gaining speed and control, especially on ramps and in bowls.
3. Proper communication and signaling involve making your intentions clear to other skaters. By calling out your moves, using hand signals, or simply being aware of other skaters' presence, you can help prevent collisions and ensure everyone's safety at a crowded skatepark.
4. Answers may vary, but one essential safety tip could be "Always wear protective gear." This is crucial because protective gear, such as helmets and pads, can prevent serious injuries and keep skateboarders safe while attempting tricks and maneuvers at the skatepark.

