

Name _____

Skateboarding Safety Gear: Your Ticket to a Safe Ride!

Multiple Choice Questions

1. Which piece of safety gear is the most critical for skateboarders?
 - a. Elbow pads
 - b. Knee pads
 - c. Wrist guards
 - d. Helmet

2. Why should a helmet cover your forehead without tilting backward?
 - a. It looks cooler that way
 - b. To protect your neck
 - c. To absorb impact during a fall
 - d. To improve visibility

3. What is the primary purpose of knee and elbow pads?
 - a. To keep you warm
 - b. To make you look stylish
 - c. To shield joints from injuries
 - d. To make tricks easier to perform

4. What can wrist guards help prevent during a skateboarding fall?
 - a. Head injuries
 - b. Road rash
 - c. Hip fractures
 - d. Wrist sprains

5. Why are padded shorts a valuable addition to safety gear?
 - a. They make skateboarding more comfortable
 - b. They protect your shoes
 - c. They cushion your hips and tailbone
 - d. They improve your balance

