

Name \_\_\_\_\_

## Skateboarding Safety Gear: Your Ticket to a Safe Ride!

### Short Answer Key

1. A helmet should fit snugly on your head, covering your forehead without tilting backward.
2. Wrist guards provide support and protection for the wrists, preventing injuries during falls.
3. Gloves protect your hands from road rash and injuries to palms, fingers, and knuckles.
4. Padded shorts provide extra protection for the hips and tailbone in case of a fall.
5. Benefits may include injury prevention, increased confidence, compliance with rules, setting a positive example, and long-term enjoyment of skateboarding.

