



Ready to Ride

Chances are you see somebody on a skateboard nearly every day. From its humble beginnings more than half a century ago, skateboarding has evolved into a sport and a lifestyle that let you exercise your body while expressing your personality.

Skateboarding is an inexpensive form of transportation, a great form of exercise, and a sport with few rules but endless tricks to master. While some tricks should be left to the pros, you can easily build up to tricks that will amaze your friends and maybe yourself. Best of all, skateboarding is a sport with few requirements or expectations of performance. Whether you're an old pro or don't know an ollie from an elephant, this month's meetings and activities will help you improve your skills while having a great time.

Objectives

This month's activities should:

- Demonstrate first-aid skills Scouts may need when skateboarding.
- Introduce the unwritten rules of skateboarding.
- Help Scouts develop a fitness plan for skateboarding.
- Teach Scouts what clothing is appropriate for skateboarding.
- Show Scouts how to select and take care of skateboarding equipment.
- Enable Scouts to plan and carry out a safe skateboarding main event.

RELATED ADVANCEMENT AND AWARDS

- Quest: Requirement 5



Leadership Planning

As a leadership team, you may want to discuss the following items during your planning meetings when choosing skateboarding as your program feature.

1. What skateboarding movie or instructional videos should we watch?
2. What should we do as our main event?
3. What is our unit's skill level or level of interest in skateboarding?
4. Where will we get equipment or learn about how to select equipment?
5. What costs will be involved (private skate-park fees, group lesson/clinic fees, equipment, transportation)?
6. What large, smooth areas are available for practicing basic skills?
7. What skate parks or skate programs are available locally?
8. To meet our needs, what should we change in the sample meeting plans?

PARENTS CAN HELP WITH THE SKATEBOARDING PROGRAM FEATURE BY:

1. Previewing skateboarding videos ahead of time in order to check for Scout appropriateness
2. Sharing their skateboarding experience
3. Driving to events
4. Showing support for their Scouts' interest in skateboarding
5. Maintaining current Youth Protection certification, which is required of all adults providing transportation for or participating in outings

SKATEBOARDING INFORMATION

Unwritten Rules of Skateboarding

1. Never skate alone, and always have an emergency plan.
2. Always check the area for possible dangers before skating.
3. Skate within your limits.
4. Wear all required protective equipment.
5. Learn how to fall safely.
6. Learn basic skateboard techniques before going to a skate park.
7. Do not stop, stand, or sit on skate features.
8. Communicate with other users.

Skateboarding Safety Tips From the Consumer Product Safety Commission

Like other sports activities, skateboarding has risks. Vehicle traffic, trick riding, and excessive speed can lead to collisions, loss of control, and falls. Even experienced riders have been injured and killed.

Take knowledge to the extreme, and follow these important tips for safer riding:

- Wear protective gear when riding—especially a helmet. Wearing a helmet can mean the difference between life and death. Don't become another statistic.
- Stay clear of moving vehicles. Some of the most common and severe skateboarding accidents involve collisions with moving vehicles. Don't ride where you are likely to encounter traffic. Never hitch a ride ("skitch") onto a moving vehicle.
- Inspect/adjust your board before you ride. Always check for excessive play (looseness) and any broken or cracked parts. Serious defects should be fixed by a qualified repair shop.
- Ride during the day. Avoid riding at dusk and dawn or in other low-light conditions where you cannot see or be seen easily by vehicles.
- Inspect your riding terrain. Skateboarders should inspect the area where they will be riding for holes, bumps, rocks, and debris.



- Never ride alone. Accidents happen. Ride with friends and bring a phone. Children under 8 years old should be supervised closely.
- Ride wisely. Don't ride faster than you can handle. You can lose control of your skateboard at any speed. Never lie down on a skateboard in motion.

Source: cpsc.gov

Safety Equipment

Skateboarding does not typically require specific safety equipment like other sports, but for beginners it is essential to safety.

Always wear a dual-certified (ASTM/CPSC) helmet when skateboarding.

Knee pads and elbow pads are suggested for all skill levels of skateboarding. Pads should fit properly to ensure effectiveness. "Round" pads are typically best for impact falls and are best when used for flat ground or street-type skating. Flatter pads meant for sliding are typically better for transition, vert, or downhill styles of skating.

Wrist guards are typically recommended for beginner- and intermediate-level skateboarders. They should be worn until the user has become very skilled at bailing/rolling and has learned how to judge his or her limitations. Once skateboarders are skilled enough, wrist guards can begin to affect their ability to perform certain tricks.



HOW TO FALL

When learning how to fall, remember that protective equipment is not a guarantee of avoiding injury. To fall correctly, it is almost always better to fall forward as opposed to falling backward. When executing a "bail" or a controlled fall, it is typically better to fall and go with the motion than it is to try to prevent yourself from falling by trying to stick out an arm or leg to brace yourself. A roll should start with elbow or knee contact with the ground and then a rolling motion across your back, ending with ground contact with the opposing elbow or knee.





AVOIDING SPEED WOBBLING

Speed wobbling happens when a skateboard starts shimmying from side to side. If you can't control the shimmying, you could be thrown from the board. To avoid speed wobbling:

- Ride forward on the board and crouch slightly.
- Use a longer board.
- Use a board with wheels that are farther apart.
- Be sure trucks, wheels, nuts, and mounting screws are tightened properly.



SKATEBOARDING GAMES

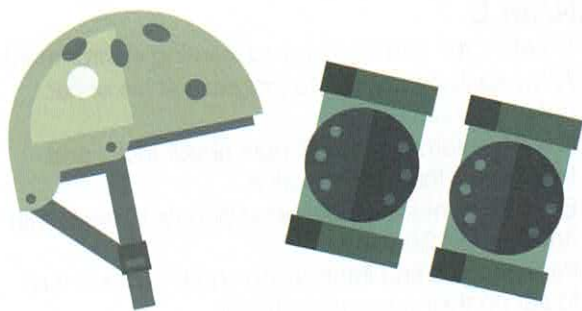
Safety Gear Race

Equipment: Helmets and pads

How to play: Place safety equipment at one end of the room, and have groups line up at the other. When told to go, the first player on each team runs across the room, puts on the pads and helmet properly, and runs back. The next team member does the same thing, and so on.

Scoring: The first group to finish wins.

Notes: It is preferable to have a set of pads and a helmet for each person, but this game could be played with just a few sets, provided there is an assortment of sizes to fit properly. If you don't have enough sets for all players, players will need to take off the pads and helmets before running back to the starting line.



S.K.A.T.E.

Equipment: Skateboard and required safety equipment

How to play: A lead player is selected by playing Rock, Paper, Scissors. This player then performs any kind of trick or maneuver, which the other players must copy. If they fail, they are assigned a letter: S, K, A, T, or E (in that order). Players continue until every player accumulates SKATE except one.

Scoring: The last player standing is the winner.

Notes: This game is played in the same way that H.O.R.S.E. is played in basketball.

Rate That Setup

Equipment: Several skateboards, each adjusted differently

How to play: Number the skateboards, and have everyone try them out and then rate them on a scale from 1 to 10.

Scoring: Average all the scores and see which setup has the highest rating.

Notes: While not technically a competition, this activity gives Scouts an opportunity to compare the differences in adjustments.

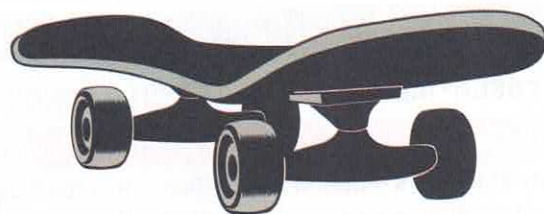
Follow the Leader

Equipment: Skateboard and required safety equipment

How to play: A leader is chosen, and then he or she chooses a course and a set of tricks to be performed.

Scoring: A missed trick, fall, or deviation from the leader's course means that player is disqualified for that round.

Notes: This is a good game for novice riders. It can be very informal in rules or scoring.





E.D.G.E. Ideas

Explain how it is done—Tell them.

Demonstrate the steps—Show them.

Guide learners as they practice—Watch them do it.

Enable them to succeed on their own—Have them practice/teach it.

EXPLAIN

- Explain the importance of skating with friends and the importance of a safety plan.
- Describe the differences between park skating and street skating, including the inherent dangers of each.
- Discuss proper footwear and safety equipment.
- Describe common skateboard injuries and how to prevent and treat them.
- Explain the different components of a skateboard and the importance of each.
- Explain the different levels of skate progression (s curve) and the body mechanics for each step as they progress.

DEMONSTRATE

- Demonstrate the proper technique for getting on and off a skateboard (push, plant, pivot) and for properly riding a skateboard.
- Show proper warm-ups and stretches.
- Show how to lean forward and why proper weight distribution is important for riding banks and transition skating.
- Demonstrate differences in tuning setups (loose trucks, big versus small wheels, board width, etc.).
- Demonstrate different techniques for carving and turning.

GUIDE

- Guide Scouts through stretching routines.
- Critique Scouts as they practice the push, plant, and pivot process.
- Play a game that involves putting on safety equipment; provide instruction where needed.
- Have Scouts practice turns through cones.
- Guide Scouts as they practice the safety plan.

ENABLE

- Create a fun and challenging learning environment.
- Allow each participant to progress at his or her own pace.
- Provide information to Scouts about tricks and techniques they can practice.
- Encourage more experienced Scouts to work with novice-level Scouts.
- Provide tools and information youth leaders need to set up their own competitions.
- Encourage Scouts to continue learning about skateboarding.

MAIN EVENT SUMMARIES

● ESSENTIAL	■ CHALLENGING	◆ ADVANCED
Day Activity	One-day or Multiday Activity	Weekend Activity
<p>A day at the park—Spend a day at a well-managed skate park practicing basic maneuvers on beginner features. This activity should be used to build Scouts' beginner and intermediate skateboarding skills (pushing, doing tic-tacs and kick turns, rolling down ramps, etc.) while also exposing Scouts to park etiquette and outdoor ethics.</p>	<p>Skate park road trip—Travel to an area with access to multiple skate parks. Depending on the distance traveled, your group may want to consider multiple days. Use this event to continue improving skills. If available, schedule this trip around skateboarding clinics or professional demonstrations happening in the area. Also be sure to research any skateboard shops in the area and pay them a visit.</p>	<p>Skateboard competition—Organize and hold your own skateboard competition at a local skate park or volunteer in a skateboard competition. The event can be as big as your unit wants. Sponsorship and prizes can be obtained from board shops or local businesses. Advertising can be accomplished using social media and word of mouth. Research how competitions are run and judged, and be sure to include local skaters in the brainstorming and planning process.</p>



SKATEBOARDING

Meeting Plan: First Aid and Safety Equipment



Week 1 Date _____

ACTIVITY	DESCRIPTION	RUN BY	TIME*
Preopening 15 minutes before meeting	Have early arrivers research skate parks in your region using laptops, smartphones, or tablets. Encourage them to find videos of skateboarders in action at those parks.		6:45 p.m.
Opening Ceremony 10 minutes	Flag presentation Oath and Law Uniform inspection		7 p.m.
Group Instruction 20 minutes	<ul style="list-style-type: none"> Review first aid for injuries or illnesses that may occur while skateboarding. These include hypothermia, frostbite, lacerations, abrasions, concussions, fractures, sprains and strains, blisters, heat reactions, shock, and cardiac arrest. Learn a stretching routine to help warm muscles and avoid injuries while skateboarding. 		7:10 p.m.
Skills Instruction 30 minutes	<ul style="list-style-type: none"> Learn the safety equipment required for skateboarding, how you should put it on, and how you should adjust it. Learn how to fall. 		7:30 p.m.
	<ul style="list-style-type: none"> Review the above information. Learn how to fall on steep ramps. 		
	<ul style="list-style-type: none"> Review the above information. Learn how to knee slide on transitions or flat terrain. Learn how to roll in multiple directions and on different sides of the body. 		
Breakout Groups 15 minutes	<ul style="list-style-type: none"> Begin planning for participation in the main event. Work on advancement requirements as needed. 		8 p.m.
Game 10 minutes	Play Safety Gear Race (described earlier).		8:15 p.m.
Closing 5 minutes	Announcements Leader's minute Closing		8:25 p.m.
Total 90 minutes of meeting			
After the Meeting 15 minutes	Leadership team reviews plans for the next meeting and for the main event.		

*All times are suggested.



SKATEBOARDING

Meeting Plan: Basic Skills



Week 2 Date _____

ACTIVITY	DESCRIPTION	RUN BY	TIME*
Preopening 15 minutes before meeting	Watch a skate skills video.		6:45 p.m.
Opening Ceremony 10 minutes	Flag presentation Oath and Law		7 p.m.
Group Instruction 10 minutes	<ul style="list-style-type: none"> Show an instructional video that focuses on a particular skill the group needs to develop. Discuss rules and ethics related to skating on private property. 		7:10 p.m.
Skills Instruction 40 minutes	<ul style="list-style-type: none"> Learn the following skills: standing, pushing, stopping using both feet, and dragging and run-out methods. 		7:20 p.m.
	<ul style="list-style-type: none"> Learn to carve. Learn to tic-tac in both directions. 		
	<ul style="list-style-type: none"> Learn to kick turn on banks. Learn to roll fakie (backward) on banks. 		
Breakout Groups 15 minutes	Free skate, focusing on the skills covered in skills instruction.		8 p.m.
Game 10 minutes	Play S.K.A.T.E. (described earlier).		8:15 p.m.
Closing 5 minutes	Announcements Leader's minute Closing		8:25 p.m.
Total 90 minutes of meeting			
After the Meeting 15 minutes	Leadership team reviews plans for the next meeting and for the main event.		

*All times are suggested.



SKATEBOARDING

Meeting Plan: Parts and Repairs



Week 3 Date _____

ACTIVITY	DESCRIPTION	RUN BY	TIME*
Preopening 15 minutes before meeting	With proper safety gear, practice skateboarding skills before the meeting. Or set up a display of various skateboards and other gear.		6:45 p.m.
Opening Ceremony 10 minutes	Flag presentation Oath and Law Uniform inspection		7 p.m.
Group Instruction 5 minutes	Discuss how boards are made and the differences between the various components of skateboards.		7:10 p.m.
Skills Instruction 45 minutes	<ul style="list-style-type: none"> • With examples, learn the parts of a skateboard: deck, grip tape, hardware (bolts, nuts, etc.), trucks (axle, king pin, base plate, bushings, washers), wheels, and bearings. • Make simple adjustments using a skate tool. 		7:15 p.m.
	<ul style="list-style-type: none"> • Learn how wheel durometer (hardness) affects performance. • Learn how trucks and bushings work and how the durometer of bushings affects performance. • Learn how various materials in deck construction (fiberglass, number of plies, kinds of wood, types of board shape, etc.) affect performance. 		
	Practice assembling all the parts of a board in order to create complete setups.		
Breakout Groups 15 minutes	<ul style="list-style-type: none"> • Experiment with different types of board setups in order to discover personal preferences and understand the importance of knowing how components affect the ride. • Continue planning for participation in the main event. 		8 p.m.
Game 10 minutes	Play Rate That Setup (described earlier).		8:15 p.m.
Closing 5 minutes	Announcements Leader's minute Closing		8:25 p.m.
Total 90 minutes of meeting			
After the Meeting 15 minutes	Leadership team reviews plans for the next meeting and for the main event.		

*All times are suggested.



SKATEBOARDING

Meeting Plan: Additional Skills



Week 4 Date _____

ACTIVITY	DESCRIPTION	RUN BY	TIME*
Preopening 15 minutes before meeting	Play a game of S.K.A.T.E. before the meeting.		6:45 p.m.
Opening Ceremony 10 minutes	Flag presentation Oath and Law		7 p.m.
Group Instruction 5 minutes	Discuss the differences in various types of skateboarding, and discuss the skills required and risks associated with each style (e.g., street, vert, transition, downhill).		7:10 p.m.
Skills Instruction 45 minutes	<ul style="list-style-type: none"> • Review and practice skills. • Learn to tic-tac. 		7:15 p.m.
	<ul style="list-style-type: none"> • Review and practice skills. • Learn to ollie. 		
	<ul style="list-style-type: none"> • Review and practice skills. • Learn to kick flip. 		
Breakout Groups 15 minutes	<ul style="list-style-type: none"> • Practice beginner- to intermediate-level maneuvers on a flat, smooth area of concrete. • Finalize plans for participation in the main event. 		8 p.m.
Game 10 minutes	Play Follow the Leader (described earlier).		8:15 p.m.
Closing 5 minutes	Announcements Leader's minute Closing		8:25 p.m.
Total 90 minutes of meeting			
After the Meeting 15 minutes	Leadership team reviews plans for the next meeting and for the main event.		

*All times are suggested.



SKATEBOARDING

Main Event: A Day at the Park



Date _____

Logistics

Location: _____

Departure time: _____

Return time: _____

Duration of activity: 5 to 6 hours

Budget: Completed _____ Approved _____

Camping: Duty roster _____ Menu _____

Transportation: Group _____ Self _____



Essential (Tier I)

Spend a day at a well-managed skate park practicing basic maneuvers on beginner features. This activity should be used to build Scouts' beginner and intermediate skateboarding skills (pushing, doing tic-tacs and kick turns, rolling down ramps, etc.) while also exposing Scouts to park etiquette and outdoor ethics.

Equipment List

- Skateboards
- Weather-appropriate clothing
- Helmets
- Protective pads
- Water bottles
- Sunscreen
- Proper footwear (flat-soled skate shoes)
- First-aid kit

Activity

- Meet in a place appropriate for transportation to the skate park or meet at the park.
- Warm up with stretching exercises, perform a walk-through of the park, and review the emergency plan.
- Start with practicing basic maneuvers and then progress to free skating.
- Enjoy the day of skating, being considerate of other users.
- Take water breaks and a lunch break. Be sure to interact with local skaters.
- Police the park for garbage and return home.

Safety

- For beginners, choose a park that is well-maintained and take time to sweep out debris, if necessary. Try to avoid difficult features such as tight transitions, coping, steep banks, etc.
- If possible, plan this event for a time when the skate park will not be as busy (i.e., middle of the week or earlier in the day).
- Two-deep adult leadership is required for all activities.

Notes

Much like swimming pools, skate parks offer areas designed for a wide range of ability groups. Be sure Scouts use features that are appropriate to their skill levels.



SKATEBOARDING

Main Event: Skate Park Road Trip



Date _____

Logistics

Location: _____

Departure time: _____

Return time: _____

Duration of activity: One or more days

Budget: Completed _____ Approved _____

Camping: Duty roster _____ Menu _____

Transportation: Group _____ Self _____

Challenging (Tier II)

Travel to an area with access to multiple skate parks. Depending on the distance traveled, your group may want to consider multiple days. Use this event to continue improving skills. If available, schedule this trip around skateboarding clinics or professional demonstrations happening in the area. Also be sure to research any skateboard shops in the area and pay them a visit.

Equipment List

- Skateboards
- Weather-appropriate clothing
- Helmets
- Protective pads
- Water bottles
- Sunscreen
- Proper footwear (flat-soled skate shoes)
- First-aid kit
- Any camping or overnight gear required
- A camera to capture Scouts' achievements

Activity

- Determine the skate parks your unit will want to visit. Be sure to allow enough time at each park so there is a chance for Scouts to become comfortable with the terrain.
- Decide if this event requires overnight travel. Plan to camp near the route of your road trip.
- Have a schedule for traveling and time spent at each park.
- Remember to follow the same warm-up procedure at each park and to perform a walk-through of each park.
- Have an emergency plan and be sure to review it.

Safety

- When traveling, make sure you are familiar with hospital locations and have a list of emergency contacts.
- Wear clothing appropriate for the season and wear all pads required by the skate parks being visited. Always wear a helmet.
- Two-deep adult leadership is required for all activities.

Notes

Much like swimming pools, skate parks offer areas designed for a wide range of ability groups. Be sure Scouts use features that are appropriate to their skill levels.



SKATEBOARDING

Main Event: Skateboard Competition



Date _____

Logistics

Location: _____

Departure time: _____

Return time: _____

Duration of activity: Weekend

Budget: Completed _____ Approved _____

Camping: Duty roster _____ Menu _____

Transportation: Group _____ Self _____



Advanced (Tier III)

Organize and hold your own skateboard competition at a local skate park or volunteer in a skateboard competition. The event can be as big as your unit wants. Sponsorship and prizes can be obtained from board shops or local businesses. Advertising can be accomplished using social media and word of mouth. Research how competitions are run and judged, and be sure to include local skaters in the brainstorming and planning process.

Equipment List

- Skateboards
- Weather-appropriate clothing
- Helmets
- Protective pads
- Water bottles
- Sunscreen
- Proper footwear (flat-soled skate shoes)
- First-aid kit
- Any camping or overnight gear required
- A camera to capture Scouts' achievements
- Possible sound equipment for hosting an event
- Prizes, if desired

Activity

- Select a competition to attend, or select the appropriate site to hold your own.
- Create a budget, and revise it throughout the planning process.
- Secure any permits or emergency services needed for the event.
- Prepare a schedule.
- Research weather conditions, and have a backup plan.
- Practice skateboarding skills for the event.
- Advertise the event, and make preparations such as securing event sponsors and prizes.
- Talk to local skateboarders to gauge interest, build interest, and get their help in planning.
- Hold the event; be sure to capture it with a camera.
- Clean the site and send out thank-you notes to all the sponsors and people who assisted with the event.

Safety

- Have an emergency plan for the event. Depending on the event size and local laws, an EMS unit may have to be present.
- Two-deep adult leadership is required for all activities.

Notes

Contact your local council about holding a skateboard competition as a recruiting event.



RESOURCES AND REFERENCES

Books

Stutt, Ryan. *Skateboarding Skills: Everything a New Rider Needs to Know*. Firefly Books, 2014.

Werner, Doug, and Steve Badillo. *Skateboarder's Start-Up: A Beginner's Guide to Skateboarding*. Tracks Publishing, 2009.

Wixon, Ben. *Skateboarding: Instruction, Programming, and Park Design*. Human Kinetics Publishing, 2009.

Websites

Exploratorium Skateboard Science

Website: www.exploratorium.edu/skateboarding/

Skate Catalyst

Website: <http://skatecatalyst.com/>

TransWorld SKATEboarding Magazine

Website: <http://skateboarding.transworld.net/>

Related Program Features

Fitness and Nutrition, Snowboarding and Skiing, Spectator Sports

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