

Cub Scout Sports: Skateboarding



REQUIREMENTS

Tiger Cubs, Cub Scouts, and Webelos Scouts may complete requirements in a family, den, pack, school, or community environment. Tiger Cubs must work with their parents or adult partners. Parents and partners do not earn loops or pins.

Belt Loop

Complete these three requirements:

- _____ 1. Demonstrate to an adult the general rules for safe skateboarding by showing that you know how to wear the proper safety gear.
- _____ 2. Carefully demonstrate how to fall to help minimize injuries.
- _____ 3. Practice skateboarding for 30 minutes. This practice may be done in several periods.

Sports Pin

Earn the Skateboarding belt loop and complete five of the following requirements:

- _____ 1. Figure out your skateboard stance—whether you are regular or goofy footed.
- _____ 2. Demonstrate proper stance, feet positions, knee bending, pushing off, turning, and stopping on flat ground.
- _____ 3. Using pictures, explain to your den or family the difference between street, skate park, and vertical skateboarding.
- _____ 4. List five ways skateboarders should be considerate and respectful of other people and their property when they are skateboarding.
- _____ 5. View a skateboarding video.
- _____ 6. Attend a pro skateboarder demonstration.
- _____ 7. Show that you know how to lubricate the bearings and keep your skateboard clean.
- _____ 8. Apply grip tape to your skateboard.
- _____ 9. Skateboard at a skate park for 30 minutes.
- _____ 10. Demonstrate three of the following maneuvers: ollie, nollie, frontside, grab, kickturn, carving.
- _____ 11. Describe how to determine a safe area to skateboard.

Resources

Local skate parks and shops may know of resources to help you.

About.com

Web site: <http://skateboard.about.com>

Skateboard Science

Web site: <http://www.exploratorium.edu/skateboarding>

SkateboardParks.com

Web site: <http://www.skateboardparks.com>

You can minimize risk for injuries if you[†]:

- Use protective equipment.
- Keep your skateboard in good condition.
- Skateboard on smooth surfaces.
- Attempt only “tricks” that fit your skill level.
- Allow only one person at a time to ride your skateboard.

[†]These tips come from http://orthoinfo.aaos.org/fact/thr_report.cfm?Thread_ID=373&topcategory=Sports

How to Fall

The National Safety Council has these tips for reducing the chances of a serious injury if you fall while skateboarding.

- If you lose your balance, crouch down on the skateboard so that you are closer to the ground and won't have as far to fall.
- In a fall, the idea is to land on the fleshy parts of your body, not the bony parts such as your elbows and knees.
- If you fall, try to roll with the fall rather than catch the force of the fall by using your arms.
- If you find yourself falling, try to relax your body instead of stiffening up.

Skateboarding Terms*

carving. Leaning toeside or heelside, the skateboarder gets the board to turn in that direction. While rolling, lean in the direction of the desired turn.

frontside. Rotations or turns done so that the skateboarder's front is facing the outside of the turn arc.

grab. When the skateboarder reaches down and grabs the board. More experienced riders will do grabs in the air, often with a jump or spin.

grind. The name for sliding along an edge (such as a curb, bench, rail, etc.) using the trucks instead of the wheels or deck.

kickflip. A trick similar to an ollie, but the skateboarder flicks the board with the foot to make it spin underneath while he or she is in the air. A clean kickflip happens when the skateboard flips and spins over at least once, and the skateboarder lands on the board comfortably, wheels down, and rides away.

kickturn. With one foot balanced over the back wheels, the skateboarder swings the front of the board in a new direction.

nollie. In this trick, a skateboarder slaps the nose of the skateboard against the ground and pops it up into the air. A nollie is the same as an ollie, but off the nose of the skateboard.

ollie. A beginner trick where the skateboarder pops the skateboard into the air, jumping with the board “stuck” to the feet.

*These terms come from the following source: http://skateboard.about.com/od/skateboardtricksglossary/Skateboard_Tricks_and_Riding_Dictionary.htm.

Skateboard safety means always wearing your protective gear while skateboarding: a properly fitted and approved helmet (such as by the ASTM, or American Society for Testing and Materials), wrist guards, knee and elbow pads, and shoes.

Serious skateboarding injuries happen when you lose control and fall or run into a motor vehicle, road hazard or obstacle, pedestrian, another skateboarder, or a bicyclist.