

# *Education @ NZTA*



NZ TRANSPORT AGENCY  
WAKA KOTAHİ



# SKATEBOARD SKILLS

SKATE WELL AND SKATE RIGHT!



## KEY TIPS TO GET STARTED

- ▶ Learn how to start, turn and stop safely.
- ▶ Go slow to begin with.
- ▶ Learn tricks after you've learnt the basics.
- ▶ Learn to fall safely on soft grass.
- ▶ Start with small slopes first and build up to steeper ones.
- ▶ Skate during the day and in fine weather.





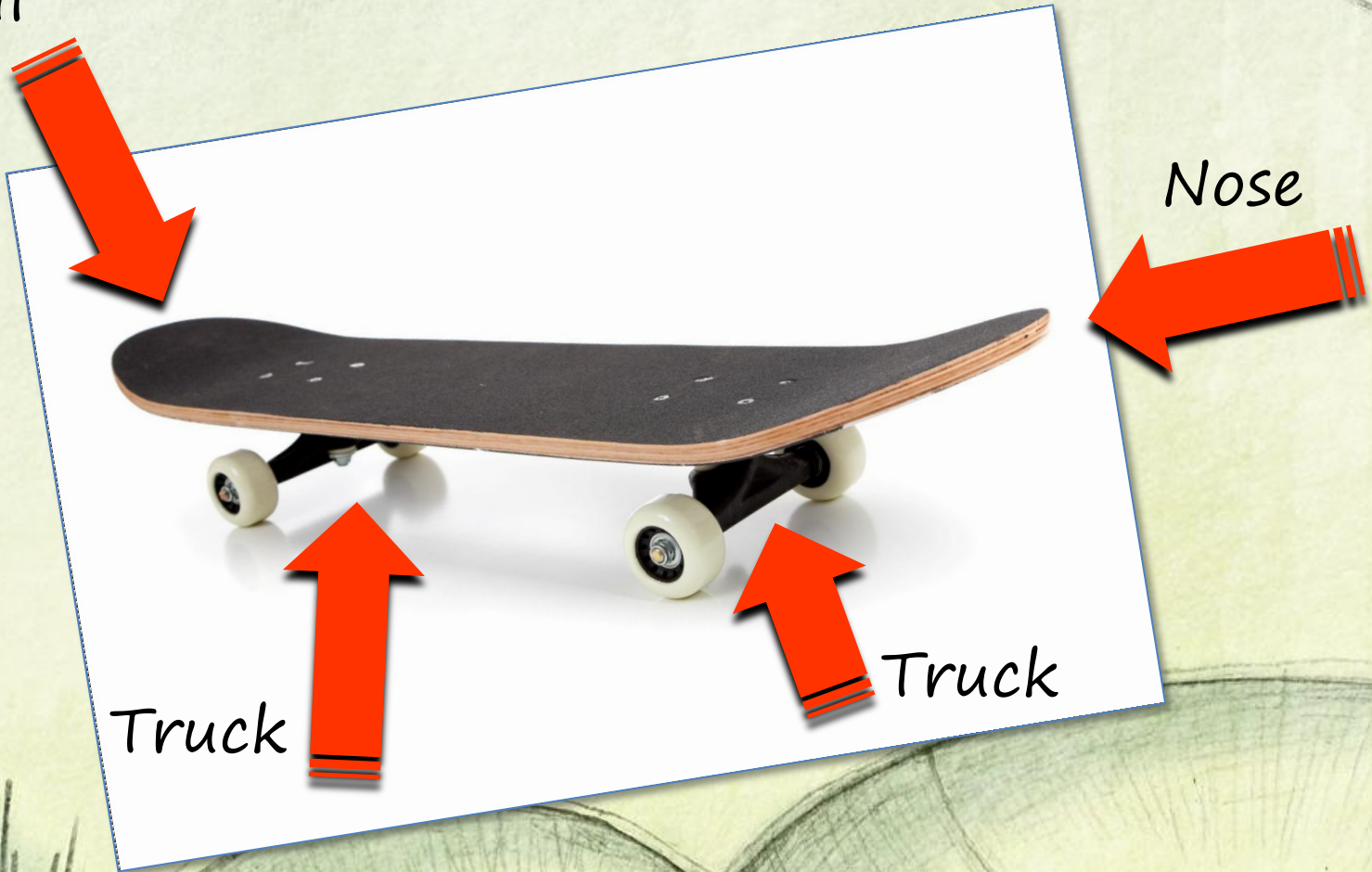
# PARTS OF A BOARD

Tail

Nose

Truck

Truck



# WHEN SHOULD I START SKATEBOARDING?



- ▶ You need to be at least five to ride a skateboard.
- ▶ If you are under 11, make sure an adult keeps an eye on you.



## HOW TO BALANCE

- ▶ Balance on the front or back wheels.
- ▶ Move your feet into different positions.

You should master these skills on grass.



# GET MOVING

- Put one foot on the board.
- Use the other foot to push off, and put it back onto the skateboard once you start rolling.



Are you goofy or natural? Goofy skateboarders ride with their right foot forward. Natural skaters ride with their left foot forward.



# WHEN LOSING BALANCE



- ▶ Keep your body relaxed.
- ▶ Crouch down so there is not far to fall.
- ▶ Hug your arms and roll.
- ▶ Turn your body so that you land on a fleshy part like your backside or shoulder.
- ▶ You might still graze yourself, but you'll avoid serious injury.





# STOPPING YOUR SKATEBOARD

- ▶ Footbrake – take your back foot off the board and drag it on the ground.
- ▶ Bail – jump off the board.
- ▶ Heel drag – with the heel of your back foot sticking off the tail of the skateboard, lean back so that the board's nose comes up into the air. Your heel should drag a short way then the board will stop.

# TURNING A SKATEBOARD

- ▶ Leaning – if going downhill lean in the direction you want to turn.
- ▶ Carving – lean toe side or heel side to turn in the direction you want to go in.
- ▶ Kick turn – balance on the back wheels then swing the front of the board to a new direction.





# SKATING IN A SKATE PARK



Most skate parks have banks, ramps and down slopes.

- ▶ Ask other skateboarders to show you how to do new tricks.
- ▶ Be aware of what other skateboarders are doing so that you don't run into them.
- ▶ Find a skate park near you:  
<http://www.kickflip.co.nz/skateparks/>



## REMEMBER THESE SAFETY TIPS

1. Wear protective gear, especially a helmet.
2. Keep your skateboard in good condition.
3. Skate on smooth surfaces and keep to footpaths and skate parks.
4. Skate to your ability level.
5. Learn how to fall safely.



See the Skateboarding Safety  
slide show for more safety tips

