



_____ **Pathfinder's Name**

Skateboarding

1. Use the following safety gear and know why it should be worn when skateboarding.

Helmet _____

Elbow pads _____

Knee pads _____

High top boots _____

Wrist support gloves _____

2. Name all the parts of a skateboard.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

3. Completely disassemble and reassemble a skateboard, repacking the bearings and setting wheelnuts and truck pivoting nut at correct tension.

- ❑ 4. Demonstrate eight skateboarding skills which will include some of the following and do them to the instructors satisfaction on authorized property. Five of these should be demonstrated on a skateboarding ramp.

Tick Tack— from a standing start to a minimum of 10 meters on level ground

Ollie—minimum of 10 centimeters

Rail Slide—minimum of 1 meter

Drop In—off a ramp 2-3 meters high

Gurreo Slide

4-Wheel Look Up

Pump on a ramp up to the Coping

Acid Drop

Kick Flip

Ollie up a Gutter

Front-Back side grind

Carve

Pump

**** Note:** The Skateboarding honor is not available in the North American Division because of insurance regulations.

Date completed _____

Instructor's Signature _____

