

# INSTRUCTIONS FOR RIDING A CASTERBOARD

## INTRODUCTION

Casterboarding is a board sport that entails the person to be somewhat athletic, but that is not a requirement. In addition, having a sense of balance helps. A casterboard is a two-wheeled board that requires human power to propel on flat surfaces.

These instructions explain how to ride a casterboard. This recommended age to learn begins as early as 6 years old, but it is never too late to start!

When you set out to learn to ride a casterboard, expect a lot of falling. Depending on how familiar you are with board sports, acquiring the skill to casterboard may take more than a day.

**WARNING:** Although these instructions cover the basic steps, casterboarding is very dangerous, especially going down hills or ramps. Skill levels and terrain vary greatly. Even professionals get hurt or injured because of the high risk of riding a casterboard.

Your main concern is safety. Be sure to wear a helmet and have an expert demonstrate this procedure before you try it.

To ride a casterboard, you will need the following equipment:

- A casterboard (Examples: ripstik, waveboard, Timberwolf Xtrem casterboard)
- Helmet (**required**)
- Skate shoes (Examples: Vans, Converse, Adidas, etc.)
- Knee pads
- Elbow pads
- Wrist guards
- Smooth pavement

The major steps for riding a casterboard are (1) finding a place to practice (2) getting on your casterboard (3) turning on a casterboard (4) gaining momentum (5) stopping

## REQUIRED STEPS

### 1. *How to Find a Place to Ride*

There is no designated “place” to start to ride a casterboard. You want to start on a flat surface because it will ease your riding experience. The ideal riding conditions are obtainable.

- a. Make sure you have enough riding space  
There should not be any obstacles in the way when learning how to ride a casterboard.

**WARNING:** If you do not find a smooth place to start riding your casterboard, you may experience your wheels or your casters being caught on small pebbles or cracks that may cause you to fall off your board, causing serious injuries.

## 2. *How Get on Your Board*

Getting on your board and finding your balance is the hardest part of casterboarding. Follow these steps:

- a. Determine if you are regular or goofy-footed  
To start riding your casterboard, footing is important. This allows you to balance on your casterboard and ride comfortably. If you are not sure what foot to try, if you are right-handed, try the regular position. If you are left-handed, try the goofy position. Adjust if needed.

Regular Position – when your left foot is on the front deck:



Goofy Position – when your right foot is on the front deck:



- b. Place your preferred foot on the front deck  
Be sure that the casterboard is leveled with the ground. Be sure that your front foot is in the middle of the platform.
- c. Push off with your back foot  
You should push hard enough to gain enough speed.
- d. Get your back foot onto the back deck as quickly as possible  
As you push off with your back foot, spot the center of the back deck and place your foot in the middle of it and over the casters. Be confident as you push off with your back foot.

**OPTIONAL:** If you have a friend available, he or she can help you with your balance as you learn to ride a casterboard.

### 3. *How to Gain Momentum*

This step focuses on gaining momentum as you casterboard on a straight path. Follow these steps:

- a. Twist and go

Use your knees and hips to perform small rapid movements. These rapid movements should look like moving your hips in a “S” motion. Once it becomes natural, it should become more of an ankle movement with smaller “S” movements.

### 4. *How to Turn on a Casterboard*

- a. Use your front foot

Use your toeside and heelside of your front foot to determine the direction of the casterboard. For example, if you are turning over your front shoulder, your heel will push towards the ground and your toe will be in the air.

- b. Use your back foot

Your backfoot determines the sharpness of your turn by doing what is opposite of your front foot.

### 5. *How to Stop on a Casterboard*

- a. Preparing to step off the casterboard

Make sure you are not going too fast, or else you will be sure to wipe out.

b. Stepping off the casterboard

Simply step off of the casterboard. The casterboard cannot balance on its own. It will not roll away.

## **CONCLUSION**

Casterboarding is a fun way get around. Finding a place to ride, getting on your board, turning, gaining momentum, and stopping is a great way to show your friends how you cool you are – but skill levels, terrain, and other circumstances vary greatly.

For your own safety, seek professional advice when learning how to ride a casterboard. Stay safe out there.