

# Snowboarding

## SNOWBOARD GEAR

### READING COMPREHENSION



**NO-PREP &  
EDITABLE**

**WRIST GUARDS AND PROTECTIVE GEAR**  
To prevent injuries, especially to your wrists, knees, and elbows, consider wrist guards and protective pads. These pads cushion your body and provide added confidence as you tackle the slopes.

**SNOWBOARD GEAR**  
What gear do you need to go snowboarding? Let's explore the essential items that keep you safe and comfortable on the slopes!

**SNOWBOARD**  
A snowboard is a piece of gear for snowboarding that you attach to your feet. It's like a big, flat board that glides over snow. Snowboards come in different sizes and shapes, depending on your style and skill level.

**BINDINGS**  
To get your feet attached to your snowboard, you need special boots and bindings. Bindings are what connect your boots to the board, and they help you control your movements.

**CLOTHING**  
Snowboarding takes place in cold, snowy conditions, so it's essential to dress warmly. Wear waterproof pants and a jacket to keep out the snow and stay dry. Don't forget layers underneath to stay cozy and insulated, along with gloves and a hat to keep your hands and head warm.

**HELMET**  
Safety is crucial in snowboarding, and wearing a helmet is a must. A helmet protects your head in case of a fall and reduces the risk of injury. It should fit snugly and have a chin strap.

**GOGGLES**  
Goggles are like sunglasses for snowboarding, protecting your eyes from snow, wind, and bright sunlight. They also improve visibility by enhancing contrast, making it easier to see in various conditions.

**BACKPACK**  
Carrying essentials like snacks, water, and first aid kits is important. Use a backpack with adjustable straps to keep everything organized and accessible.

**SOCKS**  
Choose socks that are made of wool or a wool blend. They provide warmth and insulation. Make sure they are long enough to cover your ankles and provide extra padding around the heel and toe.

**BOOTS**  
Snowboard boots are designed to provide support and attachment to the snowboard. They should be comfortable and provide a snug fit. Make sure they are properly broken in before your first ride.

**SNACKS**  
Snowboarding can be a long and tiring activity, so it's important to have snacks on hand. Choose energy-boosting snacks like nuts, granola bars, and fruit to keep your energy up.

**WATER**  
Staying hydrated is essential for snowboarding. Carry water in a backpack or a hydration bladder to keep it accessible.

**SAFETY**  
Always wear your seatbelt in the car and use proper safety techniques on the slopes. Take safety courses and listen to the advice of experienced snowboarders.

**CONCLUSION**  
Snowboarding is a fun and exciting sport, but it's important to be prepared with the right gear. By following these tips, you can ensure a safe and enjoyable snowboarding experience.



**READING COMPREHENSION  
MCQ'S  
QUESTIONS  
ANSWER KEY**

# READING PASSAGES WITH TEXT DEPENDENT QUESTIONS

## SNOWBOARD GEAR

Have you ever wondered what gear you need to go snowboarding? Let's explore the essential equipment that keeps you safe and comfortable on the slopes!

### THE SNOWBOARD

The most important piece of gear for snowboarding is, of course, the snowboard itself! It's like a big, flat skateboard designed for gliding over snow. Snowboards come in different sizes and shapes, depending on your riding style and skill level.



### BOOTS AND BINDINGS

To stay securely attached to your snowboard, you need special boots and bindings. Snowboard boots are sturdy and supportive, with laces or straps to keep your feet in place. Bindings are what connect your boots to the board, allowing you to control your movements.

### WARM CLOTHING

Snowboarding takes place in cold, snowy conditions, so it's essential to dress warmly. Wear waterproof pants and a jacket to keep out the snow and moisture. Don't forget layers underneath to stay cozy and insulated, along with gloves and a hat to keep your hands and head warm.



### HELMET

Safety is crucial in snowboarding, which is why wearing a helmet is a must! Helmets protect your head in case of falls or collisions, reducing the risk of injury. Make sure your helmet fits snugly and has a sturdy chin strap to keep it in place.

### GOGGLES

Goggles are like sunglasses for snowboarding, protecting your eyes from wind, snow, and bright sunlight. They also improve visibility by reducing glare and enhancing contrast, making it easier to see in various light conditions.

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### WRIST GUARDS AND PROTECTIVE GEAR

To prevent injuries, especially to your wrists, knees, and elbows, consider wearing wrist guards and protective pads. These pads cushion your body against impacts and falls, giving you added confidence as you tackle the slopes.

### BACKPACK

A small backpack can come in handy for carrying essentials like snacks, water, sunscreen, and extra layers of clothing. Choose a backpack with adjustable straps and compartments to keep your gear organized and accessible.

### BOOTS, GLOVES, AND SOCKS

Good-quality snowboard boots, gloves, and socks are essential for comfort and performance on the mountain. Boots should fit snugly and provide ample support, while gloves should be waterproof and insulate to keep your hands warm and dry. Socks should be made of moisture-wicking material to keep your feet dry and comfortable all day.



### CONCLUSION

With the right gear, you're ready to hit the slopes and enjoy the thrill of snowboarding! Remember to check your equipment before each ride to ensure everything is in good condition and properly fitted. Stay safe, have fun, and embrace the adventure of snowboarding!

READING COMPREHENSION

COLORED & B/W  
VERSIONS INCLUDED

Name \_\_\_\_\_

Date \_\_\_\_\_

# SNOWBOARD GEAR

DIRECTIONS CHOOSE THE CORRECT ANSWER.

- 1. What is the primary purpose of snowboard boots?**
  - a) Keeping your feet warm
  - b) Providing support and attachment to the snowboard
  - c) Enhancing visibility
  - d) Protecting your head
- 2. What is the function of bindings in snowboarding?**
  - a) Protecting your eyes
  - b) Attaching boots to the snowboard
  - c) Keeping your hands warm
  - d) Carrying essentials like snacks
- 3. Why is wearing a helmet important in snowboarding?**
  - a) To keep your feet dry
  - b) To protect your head in case of falls or collisions
  - c) To enhance visibility
  - d) To prevent wrist injuries
- 4. What is the purpose of goggles in snowboarding?**
  - a) Carrying essentials like snacks
  - b) Protecting your eyes from wind, snow, and sunlight
  - c) Attaching boots to the snowboard
  - d) Keeping your hands warm and dry
- 5. Which protective gear cushions your body against impacts and falls?**
  - a) Goggles
  - b) Gloves
  - c) Wrist guards and protective pads
  - d) Helmets

## SHORT ANSWER QUESTIONS

1. What is the primary purpose of \_\_\_\_\_
2. Why is wearing a helmet important \_\_\_\_\_
3. What protective gear cushions \_\_\_\_\_
4. What should be checked before \_\_\_\_\_
5. What type of material should \_\_\_\_\_ snowboarding?

6. What item can be handy for carrying \_\_\_\_\_ and extra layers?

- a) Helmet
- b) Gloves
- c) Backpack
- d) Socks

7. What should be checked before each \_\_\_\_\_ ride?

- a) Your helmet's fit
- b) The color of your gloves
- c) The taste of your snacks
- d) The weather forecast

8. What type of material should socks \_\_\_\_\_ snowboarding?

- a) Cotton
- b) Wool
- c) Leather
- d) Plastic

9. What is the primary function of gloves \_\_\_\_\_ snowboarding?

- a) Attaching boots to the snowboard
- b) Keeping your hands warm and dry
- c) Protecting your head
- d) Enhancing visibility

10. What gear is crucial for staying comfortable \_\_\_\_\_ performing well on the mountain?

- a) Helmet
- b) \_\_\_\_\_

boots, gloves, and socks  
and protective pads

## ANSWER KEY

### MCQS

1. b) Providing support and attachment to the snowboard
2. b) Attaching boots to the snowboard
3. b) To protect your head in case of falls or collisions
4. b) Protecting your eyes from wind, snow, and sunlight
5. c) Wrist guards and protective pads
6. c) Backpack
7. a) Your helmet's fit
8. b) Wool
9. b) Keeping your hands warm and dry
10. c) Snowboard boots, gloves, and socks

### SHORT-ANSWER QUESTION

1. Goggles protect your eyes from wind, snow, and sunlight.
2. Wearing a helmet is important to protect your head in case of falls or collisions.
3. Wrist guards and protective pads cushion your body against impacts.
4. Before each snowboarding ride, you should check your equipment's fit and condition.
5. Socks for snowboarding should be made of wool.

10 - MCQ'S & 5  
QUESTIONS

ANSWER KEY  
INCLUDED