

Step 1

When you begin to fall you have two choices to avoid getting badly injured:

Running out and slowing down



Or

Hitting the ground in a roll



Step 2

Figuring out which way you should fall depends on how fast you can run and how fast you are riding when you fall. If you are riding faster than you are confident riding then the better choice is the rolling dismount, and if you are riding at a comfortable running pace then you can attempt a running dismount.

Step 3

Learn and practice rolling out of a crash. One of the best ways to practice this is to dive into a roll at full sprint. In a proper roll you would tuck in your arms near your head and tuck your chin into your chest as you landed spreading the impact across your shoulders, back and hips. The best way to explain it would be to visualize yourself jumping off a diving board then tucking into a summersault before you hit the water.



Step 4

Practice falling off your unicycle; increase the speed as you become more comfortable with a rolling dismount at lower speeds this will help you to adjust your technique and allow you to roll out of almost any fall when you become comfortable enough with it.

Step 5

The final step in surviving a high-speed unicycle crash is to hope you remember the advice and techniques in this pamphlet for when you have an actual crash. Avoiding having to use this information however is a good thing and the number one way to do so is to avoid riding too hard and becoming fatigued. The worst crashes are almost always when you become tired and cannot react fast enough, in the worst-case scenario you worked so hard that the minute you step off the unicycle your legs feel like jelly; this is a situation that a rolling mount could save you a few broken limbs. So remember ride safe and ride

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Conclusion

I hope the information in the pamphlet helps you survive a high-speed unicycle crash, if however you find yourself injured in a high-speed unicycle crash I hope that your adrenaline sticks around long enough for you to get help and that you are resilient in your recovery.

Happy riding and stay safe, always wear a helmet and proper safety gear, make sure people know where you are going and how long you may be gone, always carry a patch kit and bike pump, depending on how long you may be gone and the area you'll be in be sure to bring basic survival things.

Proper diving roll ↓



Rolling dismount ↓



Running dismount ↓



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class "how to
survive..."
pamphlet



“Surviving a
high-speed
unicycle crash”

