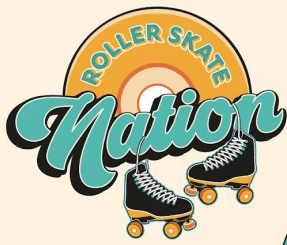


EQUIPMENT INFORMATION

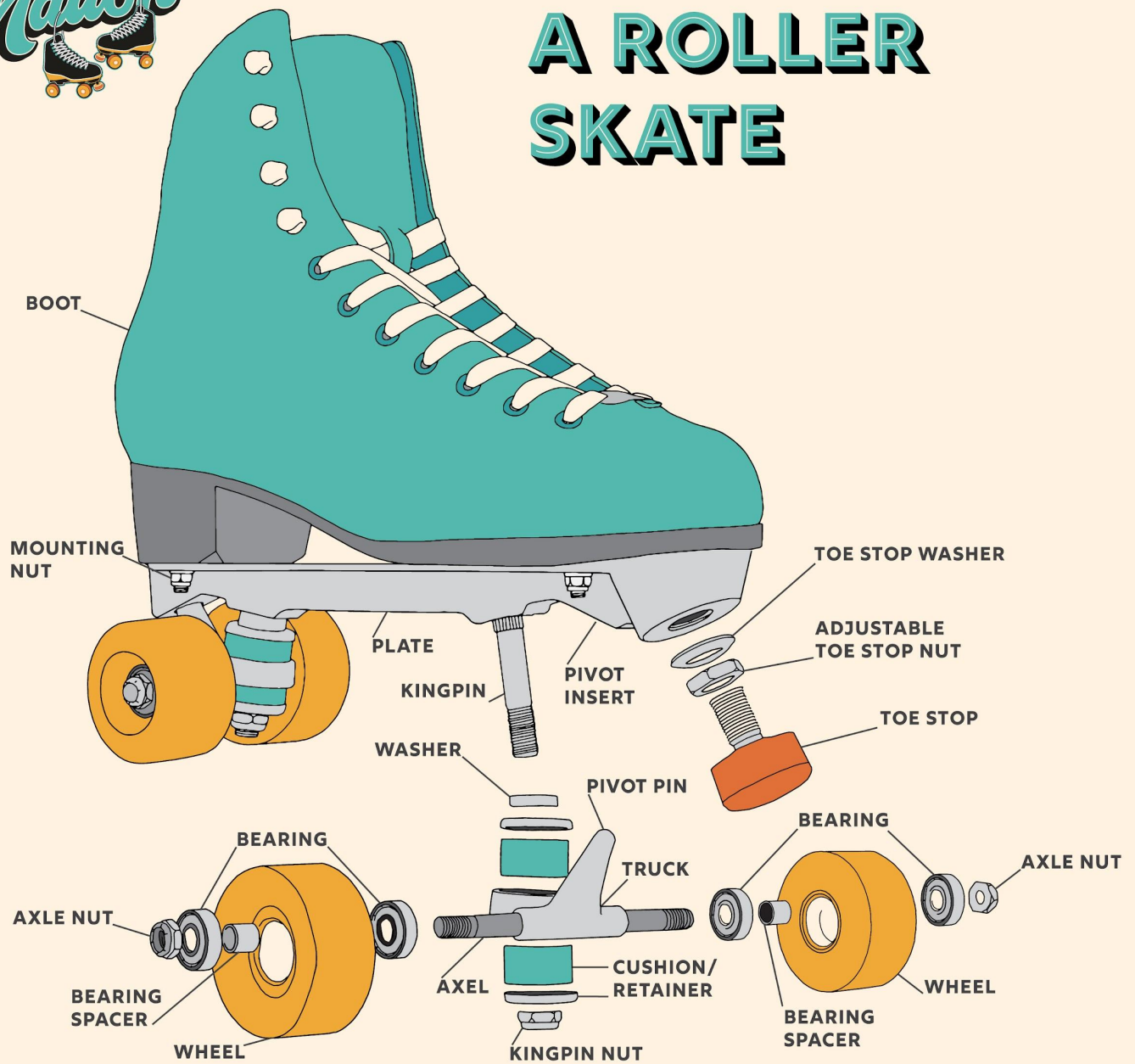
- **Quad Skates** – Skates will be the most expensive thing you buy and you will likely have to replace them soon as kids like to grow pretty rapidly in this age group. Beginner skates range from \$100-\$200. Sure-Grip Boxers, Reidell R3's and the like are great starter skates. You want a low derby or speed style boot. You can always sell them to a new skater as your child outgrows them- there are also Facebook groups that have individuals selling used skates, which is a great option, like [Roller Derby Recyclables](#). Whatever you buy, make sure they have ROUND toe-stops. No hexagonal toe-stops allowed. We call these "ankle breakers."
- **Helmet** - We recommend and prefer that your skater wear a hockey helmet. These are MUCH better at preventing concussions AND they are good for multiple impacts versus the single-impact skateboarding helmets. Most of them are also adjustable so as your child grows, they won't have to get a new helmet so often.
- **Knee Pads** - This is the second most important gear item after the helmet. The most impact your child will take will be to the knees. This is a place not to skimp on quality. You want a DROP-IN knee pad like a **187 pro derby** (that's the best) or something by Scabs. **You do not want anything called a "fly" knee pad.** This is not for hard, multiple impacts, but just random falling and recreational skating. This is also the gear you'll probably have to replace the most often (roughly once every couple of years), other than skates for the ever-growing feet of children and teens.
- **Wrist Guards** - Any wrist guards will do, but we recommend something with a curved and wide wrist plate. They absorb more impact and seem to last longer.
- **Elbow Pads** - Again, any will do. This is the least important piece of protective gear. We do recommend something with a hole over the elbow crease. Otherwise, bacteria can build up and lead to a skin rash. If you air out and wash the gear regularly, this won't be a problem.
- **Mouth Guards** - Mouthguards protect against concussions, the inside of your mouth, and teeth. We recommend the SISU mouthguard as it's easiest to drink and speak while wearing. **Any mouthguard will do, but it MUST be worn while skating. NO exceptions. Night guards are not acceptable.**
- **Hip Pads (optional)** - Hip pads protect your hip bones, tailbone, and help to prevent large bruises. McDavid makes a custom pad that is longer, has a thicker tailbone lining, and wraps around to protect the hip bones better.
- **Gaskets (optional)** - Gaskets are extra padding under the knee pad that are designed to support ligaments, cartilage, and the patella. Additionally they help keep the knee pad from slipping. Volleyball knee pads work really well for this.
- **Reusable Water Bottle (optional)** - There is a water fountain at the park to refill bottles.
- **Care & Maintenance** – Moisture can damage the metal and plastic of your safety equipment, be sure to remove gear from your skate bag after every practice, bout and any time you skate to preserve integrity of the equipment. Helmets, protective gear, and mouth guards can be purchased at many sporting good stores.

All equipment can be purchased from **Derby Warehouse**. They are located in San Luis Obispo. They can help make sure that the equipment fits correctly. Use the code: **SLOCO** at check-out to save 20% at www.DerbyWarehouse.com.

***Protective equipment cannot prevent all injuries a skater might receive while participating in roller derby.**



ANATOMY OF A ROLLER SKATE



You can find LOTS of great information on wheels, bearings, cushions, plates, trucks, and toe stops [here](#).

There are 3 pages of information and this is for all types of skating, so please check with your coaches if you have any questions.

You can also find educational videos related specifically to roller derby on the [Derby Warehouse website](#).