

# What you will need to skate with the Birmingham Blitz Derby Dames



Roller derby requires special gear. To begin with you will want to get starter skates and protective gear.

## SKATES:

Most roller derby skaters skate on Riedell skates which we buy from the USA.

- Get track skates such as Cobras. Another option is the running shoe type of skate, as to skate derby you need to have some ankle movement and flexibility. Figure skates (those are the tall white ones), or any tall hockey looking ones that are hard plastic are not great for roller derby.
- The Dames will be able to advise you on where you can get good starter skates, but you may want to check Ebay!

## PADS:

- Wrist guards knee pads and elbow pads are essential.
- Look for aggressive skate pads (Anarchy are the best brand available in store locally because they are padded and you want thick pads for your knees). These will do as starter pads, but you'll want to upgrade once you're more proficient on skates as they won't be enough to offer the best protection.
- Thin pads that consist mainly of a plastic shell and velcro straps (without padding under the shell around your knee) will not offer enough protection
- Wrist guards will need full palm to wrist protection

A good web site for protective gear is Streetlife skates. They have anarchy pads, but if you're buying online, you might want to go straight for Protec, Rector's, 187's, TSG's [http://www.streetlifeextremesports.co.uk/helmets-pads-pads-c-80\\_106.html](http://www.streetlifeextremesports.co.uk/helmets-pads-pads-c-80_106.html)

## HELMET:

- You need a helmet that fits you snug and are designed for skateboarding. Helmets are around 25 -30 Pounds and are available widely.
- Any skate helmet will do as long as there is a chin strap and protection around the back of the head (helmet will visibly look lower at the back)
- California Pro/Protec/Nutcase are all good designs

**CRASH PADS:** Optional for tailbone and/or hip bone protection. Come in hotpants and bicycle short style with padding.

## MOUTHGUARDS:

- Can be bought at most Sports stores, for as cheap as 99p and Martial arts supply shops.
- Boil and Bite ones are best, so it will mould to your own mouth shape (you may have to boil several times to get the mold snug.)
- You can get a good custom made one from [www.gumsheilds.com](http://www.gumsheilds.com) --- you can even get one that has DAME and camo design – just ask for one!

**Fantastic advice about protection and skates can be found at [www.sincityskates.com](http://www.sincityskates.com) Which are run by skaters for skaters! As a Dame member you can get 10% discount from Sin City Skates you will need a promotional code --- which you will get when joining.**