



To give you an idea of the typical expenses

Equipment

Skaters must wear the following equipment to participate:

- Quad skates - with screw in toe stop
- Helmet - bike helmets are not acceptable
- Knee Pads - must have a hard plastic cap covering the knee cap
- Elbow Pads - must have a hard plastic cap covering the elbow
- Wrist Guards
- Mouth Guard - we strongly suggest a SISU mouth

guard Suggested Equipment Brands

- 187 Killer Pads
- Triple 8
- Smith Safety

Gear Suggested

Helmet Brands

- SI helmets
- Nutcase helmets
- Triple 8

In addition to mandatory equipment, we recommend purchasing a roll of duct tape for various uses with the gear and toe protectors for use on the skates.