



SKATE JOURNEYS

The Ultimate Guide To buying Gear

SWIPE >>>

Required Protective Gear:

1

HELMET



2

ELBOW PADS



3

WRIST GUARDS



4

KNEE PADS



Helmets

Helmets are designed to absorb some of the power of an impact and help prevent serious injury to the brain. A serious fall or crash can result in permanent brain damage.



Helmets save lives!

BIKE HELMET



UTILITY HELMET



Bike Helmet

- Designed to withstand one impact
- Typically does not fully protect the back of your head
- Lightweight shell

Utility Helmet

- Built to withstand multiple impacts
- Coverage on the back of your head if you fall backwards
- Sturdier and thicker outer shell

Conclusion: While both are safe and fine to use for skating, utility helmets are highly recommended as they offer more protection and longer usage.

Knee and Elbow Pads

Elbow and knee pads protect the joints in your arms and legs. Both of these types of pads provide protection against impact which can break bones, but they also protect against burns, scrapes, and cuts.



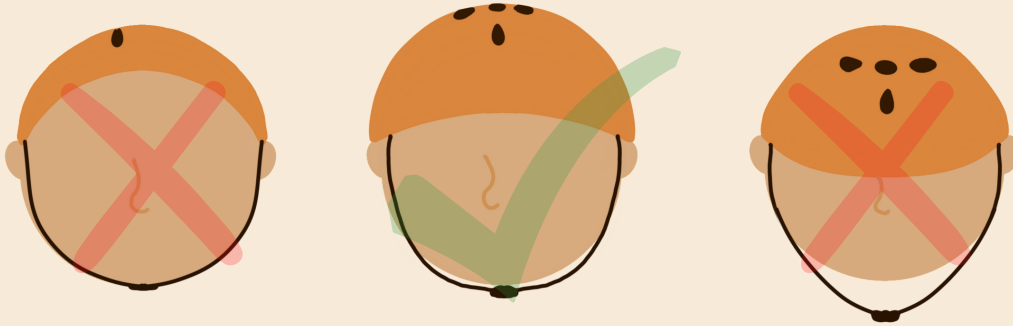
Why use wrist guards?

The purpose of a wrist guard is to prevent the wearer from injuring or breaking their wrist or arm when falling.

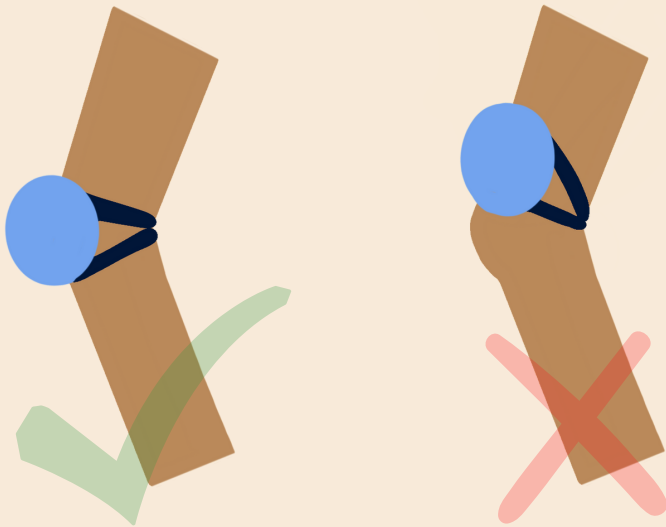
When a person falls forward, the typical reflex is to stretch their hands out in front of them to break the fall. The force of the fall can result in wrist fracture, bruising, or dislocation. The plastic splint in wrist guards protects your wrists from the pressure of falling.



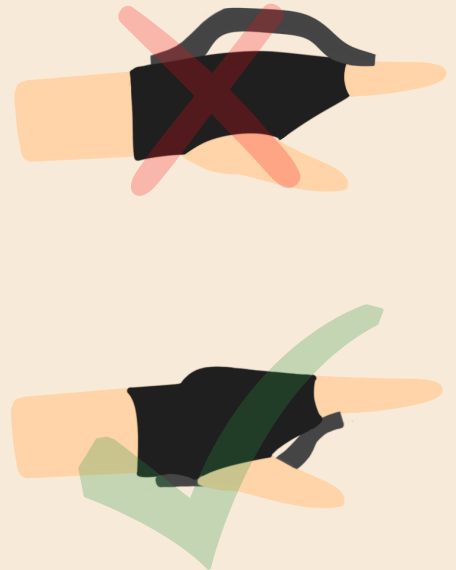
Proper Gear Fit



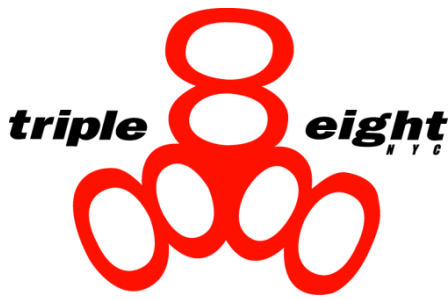
Your helmet should sit level on your head and low on your forehead— one or two finger-widths above your eyebrow. If the helmet slides down to eye level or slides back so that the forehead is completely exposed, your helmet is too big.



Make sure elbow and knee pads are strapped securely onto your skin with Velcro straps or buckles so that they don't move while skating.



Make sure the hard plastic side of the wrist guard is on your palm in order to properly protect your wrist.



We recommend Triple 8 Safety Gear and Helmets. Also recommended are Hyper, K2, and Rollerblade brands in no particular order. Just look for gear that has cushioning for impact in the knees and elbows and good sliders on the palms with wrist protection on the back,

You must try on ALL of the gear pieces to ensure it will fit because rarely do the elbow and knee pads in a set both fit. Triple 8 gear tends to fit most people.

Note that Shop Task offers Triple 8 gear for \$28 (after your 10% Skate Journeys student discount).



Skate Journeys
Skate school for grown ups and kids