

Required safety equipment and attire: The SSSC has some minimum safety equipment requirements for all skaters: hard shell helmet, long sleeves/pants (arms and legs must be covered), neck guard (hockey neck guard will do; it should be cut proof and cover the entire neck as well as the upper part of the chest), gloves (preferably cut proof), shin guards (soccer style will do), and knee pads. Elbow pads are also a good idea since falling skaters often land on their elbow. Eye protection is also recommended.