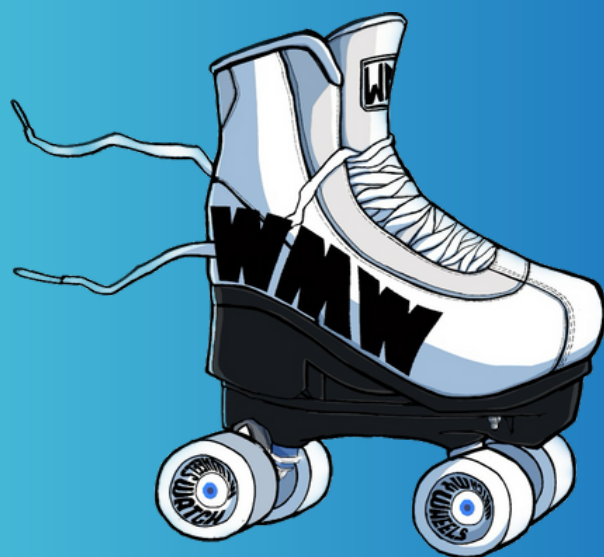


WATCH MY WHEELS SKATE GUIDE

A BEGINNER'S GUIDE TO
ROLLERSKATING



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CHOOSING YOUR STYLE

Choosing a roller skating style as a beginner can be overwhelming with so many options available. Here are some steps you can take to help you choose a style that's right for you:

CONSIDER YOUR INTERESTS:

Think about what you enjoy doing in general. Do you enjoy dancing or moving to music? Do you prefer outdoor activities or indoor sports? Your interests can give you a clue as to what roller skating style you might enjoy the most.

RESEARCH DIFFERENT STYLES:

There are many different styles of roller skating, such as artistic skating, jam skating, roller derby, speed skating, and more. Do some research on each style to see which one resonates with you the most. Look up videos online or attend a roller skating event in your area to see different styles in action.

TRY DIFFERENT STYLES:

It's always a good idea to attempt different styles of roller skating to see which one you enjoy the most. Attend a beginner-friendly skating lesson or workshop that covers different styles, or attempt different styles on your own if you have access to roller skates.

CONSIDER YOUR ENVIRONMENT:

Think about where you'll be skating the most. If you plan on skating mostly outdoors, you might want to focus on a style that's suitable for rough surfaces. If you plan on skating mostly indoors, you might want to focus on a style that's suitable for smooth floors.



CONSULT WITH EXPERTS:

Be open to ask for advice from experienced skaters, instructors, or coaches. They can provide you with valuable insights and help you make an informed decision about which style of roller skating is best for you.

Remember, the most important thing is to have fun and enjoy yourself while roller skating. Don't worry too much about choosing the "perfect" style, as you can always try out different styles and switch things up as you progress in your roller skating journey.

CHOOSING WHEELS

There are a few different types of roller skating wheels that are great for beginner skaters.

SOFT WHEELS:

Soft wheels are a great choice for beginner skaters because they provide a lot of grip and control. They also absorb shock and vibration well, which makes them a good choice for outdoor skating on rough surfaces.

SMALL WHEELS:

Small wheels are great for beginner skaters who want to focus on speed and manoeuvrability. They are also a good choice for indoor skating, as they allow for quick turns and spins.



WIDE WHEELS:

Wide wheels are another good option for beginner skaters, as they provide a stable base and help to keep the skater balanced. They are also more forgiving when it comes to bumps and uneven surfaces.

MEDIUM DUROMETER WHEELS:

Durometer refers to the hardness of the wheel, and a medium durometer wheel is a good choice for beginner skaters. They provide a good balance of grip and speed, and are versatile enough to be used both indoors and outdoors.

It's important to note that choosing the right wheels for roller skating is a personal preference, and what works for one skater may not work for another. It's always a good idea to try different types of wheels and find the ones that work best for your skating style and skill level.

Additionally, you should always make sure to choose high-quality wheels from a reputable brand, as this will ensure that they are durable and long-lasting.

CHOOSING SKATES

Here are some common types of roller skates, what they are best suited for, and some recommended brands:

QUAD ROLLER SKATES:

Quad roller skates are great for a variety of activities, including artistic skating, roller derby, and indoor/outdoor recreational skating. Some recommended brands for quad roller skates include Rookies, Riedell, Impala, Sure-Grip, and Moxi Skates.



INLINE ROLLER SKATES:

Inline roller skates are best suited for activities that require speed and agility, such as inline hockey, freestyle slalom skating, and speed skating. Some recommended brands for inline roller skates include Rollerblade, K2, and Powerslide.

ROLLER HOCKEY SKATES:

Roller hockey skates are designed specifically for playing roller hockey and have a durable boot, reinforced toe caps, and a specialized frame for quick turns and stops. Some recommended brands for roller hockey skates include Bauer, Mission, and Alkali

ROLLER DERBY SKATES:

Roller derby skates are designed for the high-impact, fast-paced sport of roller derby. They have a low-cut boot for maneuverability and a stiff, supportive construction for stability during turns and stops. Some recommended brands for roller derby skates include Riedell, Antik, and Bont.

ICE HOCKEY SKATE CONVERSIONS:

Some roller skaters convert ice hockey boots into roller skates by attaching a specialized frame and wheels to the boot. Some recommended brands for ice hockey skate conversions include Bauer, Reebok, Marsblade, Sprung, and Shift.

When choosing a roller skate, it's important to consider your skill level, budget, and the specific activity you'll be doing. Additionally, make sure to choose a high-quality skate from a reputable brand to ensure that it's durable and long-lasting.



STREET SKATING

Street skating is a popular and unique style of roller skating that involves navigating the city streets, pavements, and urban landscapes. In London, street skating has become a signature style of skating, with many skaters taking to the streets to explore the city and express their creativity.

Here are some tips for preparing for an outdoor roller skating activity on the streets, along with some recommendations for wheels and boots:

CHECK THE SURFACE AND PLAN YOUR ROUTE:

Before skating outdoors, it's important to check the surface of the route you'll be skating on. Smooth pavement or asphalt is ideal, while rough or uneven surfaces can be challenging and potentially dangerous. Avoid skating on wet or slick surfaces, and watch out for cracks, potholes, and debris.

CHOOSE THE RIGHT WHEELS:

Outdoor skating requires wheels with a larger diameter and softer durometer (measured on a scale of 0 to 100). A larger diameter wheel will roll over rough terrain more easily, while a softer durometer will provide better grip and shock absorption. Some recommended outdoor skate wheel brands include Air Waves USA, Radar, Atom, and Sure-Grip.

SELECT THE RIGHT BOOTS:

Boots with a high ankle, light in weight and good support are ideal for outdoor skating, as they provide extra stability and protection. Look for boots made with durable materials like leather or synthetic materials that can withstand the wear and tear of outdoor use.



PRACTISE SAFETY:

When skating outdoors, it's important to wear protective gear like a helmet, knee pads, elbow pads, and wrist guards. Make sure your gear fits properly and is designed for the type of skating you'll be doing.

BE AWARE OF YOUR SURROUNDINGS:

Skating outdoors requires awareness of your surroundings, including traffic, pedestrians, and obstacles. Stay alert and be prepared to stop or change direction quickly if necessary.

Here are some additional items you may want to consider bringing on a street skate:

SPEAKER:

Bringing a small portable speaker can be a fun way to enhance the skating experience with some tunes.

T-TOOL:

A T-Tool is a small, handheld tool that can be used to tighten or loosen your wheels and trucks. This can come in handy if you need to make adjustments on the go.

SPARE NUTS AND BOLTS:

It's always a good idea to bring a few extra nuts and bolts in case you lose one while skating.

COMFORTABLE FOOTWEAR:

While roller skates or inline skates are essential for street skating, you may also want to bring some comfortable footwear like Crocs or sliders to wear during breaks or after your skate.



PACK LIGHT:

It's important to pack lightly when street skating to avoid throwing off your balance. Only bring the essentials you need, and consider leaving bulky items like backpacks or purses at home.

SPARE WHEEL OR BEARINGS:

It's always a good idea to bring a spare wheel or set of bearings in case you need to replace a worn or damaged part on the go.

Remember to always check your equipment before heading out on a street skate, and be aware of your surroundings while skating. Stay safe and have fun!

Watch My Wheels have experienced and well trained coaches that hold classes on a weekly basis to get you confidently rolling whether it's for the lively rinks or the edgy roads.



COMMUNITY HOTSPOTS

The roller skating community in London is a thriving one, with many popular spots to skate. From parks to car parks, there are plenty of places to choose from, depending on your preference and skill level.

It's important for all roller skaters to be respectful of the spaces where they skate, especially when it comes to outdoor areas like parks and car parks. There's a limited number of outdoor skate spaces available, so it's essential that skaters appreciate and take care of the spaces that they do have access to.

Here are a few things that we can do to be respectful of the spaces where we skate:

KEEP THE AREA CLEAN:

Make sure to dispose of any litter or debris in the appropriate bins. It's important to leave the space as you found it or even better.

RESPECT OTHER PARK USERS:

Be aware of other people using the space, such as joggers, walkers, cyclists, or children playing. Skate in designated areas and try to avoid crowded areas w

here possible. Also, be mindful of noise levels, especially if you're skating in a residential area.



AVOID DAMAGING THE SURFACE:

Be aware that your skates may cause damage to surfaces like wooden benches, walls, or railings. Avoid skating on areas that may be easily damaged.

FOLLOW PARK RULES AND REGULATIONS:

Many parks and public spaces have specific rules and regulations that need to be followed. Check for any posted signs, and follow any instructions or guidelines provided.

By being respectful of the spaces where we skate, roller skaters can help to ensure that these areas remain open and accessible for future use. It's important to remember that we all share these public spaces, and by working together, we can make sure that they remain safe and enjoyable for everyone.

HERE ARE SOME OF THE MOST POPULAR SPOTS AMONG ROLLER SKATERS IN LONDON:

HYDE PARK:

A classic spot for roller skaters in London. With plenty of smooth, flat paths to glide along, it's perfect for beginners and advanced skaters alike. Plus, the beautiful scenery and fresh air make it an enjoyable place to spend an afternoon.

ROLLER NATION:

A dedicated roller skating rink in Tottenham. With a smooth skating floor and state-of-the-art sound system, it's a great spot for those who want to practice their skills or dance to some great tunes. They also offer lessons and themed nights for those looking for a bit of extra fun.

FLIPPER'S WORLD:

An indoor roller skating rink in Shepherds Bush. With neon lights, and a lively atmosphere, it's a great spot for a night out with friends. They also have a bar, a skate store, booths, and a seated dining area for when you need a break from skating.



BETHNAL GREEN GARDENS:

Another great spot for roller skaters in London. In addition to its lovely green space, it also features a basketball court that's perfect for skating. The court has a smooth surface that's great for practicing tricks and manoeuvres, and it's often frequented by skaters, basketball players, and other athletes. Many skaters gather here regularly, especially during the warmer months when the weather is good. Whether you're a beginner or an experienced skater, you're sure to find other people to skate with and learn from. It's a fun, social, and supportive environment where you can improve your skills, meet new people, and enjoy the outdoors. If you haven't checked it out yet, it's definitely worth a visit!

SAINSBURY'S CAR PARKS IN TOTTENHAM AND VAUXHALL:

Sainsbury's car parks may seem like an unusual spot to go roller skating, but they're actually popular among skaters for their smooth, flat surfaces and lack of cars. Plus, they're often empty in the evenings and late nights, making them a great spot for skating without worrying about crowds.

MONTROSE PARK:

A beautiful green space in Colindale, and it's a popular spot for roller skaters. The paths are smooth and wide, and there's plenty of space to practice your skills. Plus, the park has a great community vibe, so you're sure to make some new friends while you're there.

RIVERSIDE O2:

A shopping and entertainment complex in Greenwich, and it's a popular spot for roller skating thanks to its smooth outdoor paths. It's a great spot for a day out with family or friends, with plenty of shops, restaurants, and attractions to explore when you're not skating.



BURGESS PARK:

A large park in Southwark, and it's a popular spot for roller skaters. The paths are wide and smooth, and there are plenty of areas to practice your skills or have a picnic with friends. Plus, the park has plenty of other activities, including a BMX track and a lake for fishing.

if you're a roller skater in London, there are plenty of great spots to choose from. Whether you prefer the great outdoors or an indoor rink, there's something for everyone in this vibrant and welcoming community.

