

Welcome to Cheyenne Roller Derby!



Cheyenne Roller Derby operates at Roller City at 5506 Weaver Road. The Capidolls, the adult women's team, practices Tuesdays and Thursdays from 7:00-9:00. The Fronterrors, the coed junior's team, practices Tuesdays and Thursdays from 5:45-6:45. You will find someone there who will be very happy to talk to you about the sport!

You need **no prior experience** to join our league. We will teach you everything you need to know, from skating fundamentals to rules and strategies. Our skaters will help you learn all the basic skating skills before you get thrown into hitting. We make sure you are stable on your feet, comfortable, and most of all safe! We care a lot about keeping you safe from injury. Many of us started from nowhere and are now leaders of the league.

Gear

All the gear you need for roller derby can seem overwhelming, but it is essential for safety. Good gear can be expensive, but there are some great beginner kits available. Find someone that can help you out with sizing before you order anything (Roller City and Skate Ratz are great places to start). Roller skate boots fit very differently than shoes and vary greatly between brands, so be sure to try your boots on before committing. The skaters of Cheyenne Roller Derby can also give you some advice and show you where to start.

Skate!

The best way to get more comfortable on 8 wheels is to be on them as much as possible. First of all: come to practice! There are many other options to take advantage of as well: open skate sessions at Roller City, skate lessons at Roller City, outdoor skating (with outdoor wheels), or even around your house. Many new skaters start out just by constantly wearing their skates to help find their balance and just to get used to how they feel.

Cross-train

Want to be the best skater you can be? You will want to exercise outside of the rink also. Lift weights, build endurance, work on your agility and flexibility... it's all important! Do squats, lunges, crunches, and push-ups during commercials when you're watching TV at home. It all counts and will help you become an all-around better skater!

Game-play

The internet is everyone's best friend and can also be used to find a plethora of roller derby bouts for your education and enjoyment! Watch a recent roller derby bout; the rules of 1970s derby are very different from the current rules. Flat-track derby is also very different from the bank-tracked derby in *Whip It!* Have questions? Write them down and bring them to practice or send someone a message. Derby girls love to talk about roller derby! We will gladly answer your questions.

Don't give up! The more you practice the better you will get!

Cheyenne Roller Derby Bout Checklist

When will you be ready to skate in your first bout? Meet all the requirements on this checklist and have the approval of your team's Captain or Coach.

- Have all your paperwork up-to-date
 - This includes signing the WFTDA waiver and providing emergency contact info
- Purchase skating insurance
 - Adult skaters must purchase WFTDA insurance
 - Available at <https://wftda.org/insurance/purchase>
- Pay all of your dues
 - Dues for the Capidolls are \$40 per month.
 - A skater will not be permitted to bout unless all dues and late fees are paid (unless otherwise discussed with the Financial Coordinator)
 - Dues can be paid in cash to the Financial Coordinator, a check made out the *Cheyenne Roller Derby*, or PayPal/Venmo to *CheyenneRollerDerby@gmail.com*
- Purchase all necessary safety gear.
 - Protective gear required by our league and WFTDA: helmet, mouth guard, wrist guards, elbow pads, knee pads.
 - Quad skates must be worn; inline skates can only be worn by refs. Skates include boots, wheels, bearings, and plates. Having special tools to adjust these is recommended, but not required.
- Maintain attendance of 75%
 - Attend 75% of practices in the month preceding a bout in order to be eligible
 - If you cannot attend enough regular practices, then you can make up some attendance points by: attending a practice for a different league or attending the Saturday morning skate class at Roller City (free to Cheyenne Roller Derby league members)
- Pass your minimum skills
 - Skaters must pass the WFTDA minimum skills test and a written test about rules
 - Minimum skills: <https://wftda.org/resources/wftda-minimum-skill-requirements.pdf>
 - Written Rules: <https://static.wftda.com/rules/wftda-rules-test.pdf>
 - Answer Key: <https://static.wftda.com/rules/wftda-rules-test-answer-key.pdf>
 - Minimum skill tests take place on the third Tuesday of every month
 - A skater is allowed to scrimmage (at the discretion of the Captain) if they have passed all their skills except the 27/5
- Do you feel ready?
 - Nerves are expected, but if you don't feel safe bouting yet then don't. Take more time to practice and scrimmage until you feel safe on your skates and ready to get hit.

Emergency Contact & Medical Information

This form will be used in case of an emergency to provide appropriate information to medical treatment staff. ALL INFORMATION REMAINS CONFIDENTIAL.

Name: _____ DOB: _____

Address: _____

Phone: _____ Alt (Phone/email): _____

Primary Emergency Contact

Name: _____ Relationship: _____

Phone: _____ Alt Phone: _____

Alternate Emergency Contact

Name: _____ Relationship: _____

Phone: _____ Alt Phone: _____

Treatment Center Information (in order of preference)

Primary Care Physician or Family Doctor: _____

Phone: _____

Medications (list any over-the-counter or prescription medications currently taken)

Food or Drug Allergies (short explanation if necessary)

Serious Medical Conditions (seizures, fainting, diabetes, etc)

Any Additional Information We Should Provide Doctor?

Required Pre-Approval or Doctor Referral for Urgent Care/ER Visits?

Certificate of Accuracy & Release from Liability

- I certify that the information I have provided is accurate and complete to the best of my knowledge.
- I understand that it is my responsibility to keep my medical and emergency contact information updated and accurate.
- I understand that, should I be seriously injured during a practice or bout, this information will be provided to all appropriate medical personnel.
- I understand that this information will remain confidential and will not be used to make decisions about my ability to play or my position on the team.
- I understand that by signing below I am consenting to allow **Cheyenne Roller Derby** management to take appropriate action for medical treatment *in the event that I am rendered unable to provide directions for my treatment.*
- I understand that by signing below I am releasing Cheyenne Roller Derby and their representatives, members, and assigns from any and all liability due to complications arising from any medical services provided directly or indirectly to me in the event of injury.

Participants Signature: _____ Date: _____

Print Participant Name: _____

Witness Signature: _____ Date: _____

Print Witness Name: _____

RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT ("AGREEMENT")

IN CONSIDERATION of being permitted to participate this date, in any way, at any time, in Women's Flat Track Roller Derby ("Activity"), I, for myself, my personal representatives, assigns, heirs, and next of kin:

1. **ACKNOWLEDGE**, agree, and represent that I understand the nature of this Activity, and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further agree and warrant that if, at any time, I believe the conditions to be unsafe, I will immediately discontinue further participation in this Activity.

2. **FULLY UNDERSTAND** that: (a) THIS ACTIVITY INVOLVES RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS, AND DEATH ("Risks"); (b) these Risks and dangers may be caused by my own actions or inactions, the actions or inactions of others participating in the Activity, the conditions in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS or SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation, in the Activity.

3. **HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE** the sanctioning organization(s), their administrators, directors, agents, officers, members, volunteers, and employees, other participants, officials, rescue personnel, sponsors, advertisers, owners and lessees of Premises on which the Activity is conducted, (each of the forgoing shall be considered one of the RELEASEES herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED, OR ALLEGED TO BE CAUSED, IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS; AND I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the RELEASEES, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which may be incurred as the result of such claim.

I ACKNOWLEDGE THAT I AM OVER THE AGE OF 18 YEARS, HAVE READ THIS AGREEMENT AND FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE, AND I INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID, THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

Signature of Participant

Date

Printed Name of Participant

CHEYENNE ROLLER DERBY
League Name