



Hello and Welcome to Cheyenne Roller Derby

Cheyenne Roller Derby operates at Roller City at 5506 Weaver Road. The CapiDolls is the adult women's team and practices on Thursday from 7:00-9:00 p.m., please come 10 minutes early to get geared up. 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. We make sure you are stable on your feet, comfortable, and most of all safe!!

Gear: All the gear you need for roller derby can seem overwhelming, but it is essential for safety. We have gear that can be borrowed - skates and pads/helmets - if you want to make sure derby is for you before buying lots of gear. **Please talk to a derby member or Boom Boom Becky as not all skates are recommended for derby skating. Please do not buy skates from Big 5, Walmart or other major sporting goods stores. These skates are the wrong set-up for roller derby.** You can purchase skates and gear through [Roller City](#), please talk to Boom Boom Becky about what you need. You can also visit Skate Ratz in Loveland to try on gear, skates, and buy accessories (www.sk8ratz.com) be sure to tell them you are with Cheyenne Roller Derby.

You will need an SISU mouth guard (www.sisuguard.com) for your first practice, you can purchase one with Boom Boom Becky here at Roller City.

Please ask questions as you research gear to purchase, here are some additional places/links to find everything you need....

- Roller City - Boom Boom Becky
- Sk8ratz.com
- Medusaskates.com
- Bruisedboutique.com

Skate: The best way to get more comfortable on 8 wheels is to be on them as much as possible. The league will pay for Saturday learn to skate classes offered at Roller city. You can also skate at the open skate events at Roller City with a discounted rate.

Our League depends on its skaters, Non Skating Officials, Referees, and volunteers to make what we do happen. We need dedicated and committed people to practice, play and win. We all thank you for your interest and hopefully you will be joining us very soon!

Facebook pages to request access to for League information once you have officially joined:

- Cheyenne CapiDolls
 - Adult team only information page for information
- Cheyenne Roller Derby Members
 - Entire Cheyenne Roller Derby Members Page for adults and parents/kids to talk about full league stuff

Cheyenne Roller Derby Bout Checklist

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

- **Have all your paperwork up-to-date**
 - This includes signing all league paperwork, waivers and provide emergency contact information
- **Purchase skater insurance from USARS**
 - <https://auth.sport80.com>
 - We play roller derby under USARS but follow the WFTDA ruleset (www.wftda.com). The full rules are online. You can watch derby games online at (www.wftda.tv) for free as well!
- **Current on your dues**
 - Monthly dues are \$40 a month
 - Dues are due by the 15th of each month, unless arrangements have been made with financial coordinator
 - Dues can be paid via cash/check to our financial coordinator or you can pay electronically
 - Venmo (www.venmo.com) to Cheyenne-Roller-Derby
 - PayPal (www.paypal.com) to Cheyennerollerderby@gmail.com
- **Maintain attendance of 75%**
 - Attend 75% of practices in the month preceding a bout in order to be eligible
 - You can talk with the coach or captain about making up practice by attending another league's practice in the area. Or attending the JR's practice. That will all need to be discussed with the coach and captain.
- **Pass your minimum skills**
 - Skaters must pass the minimum skills test and/or a written test on the rules of the game if needed
 - The Coach, Board Members, and or Captain will administer the minimum skills test.
 - A skater is allowed to scrimmage at the discretion of the Coach, Board Members and or Captain if you do not pass all of your minimum skills. Not passing all of the minimum skills will have an impact on play time in a bout.
 - Nevers are expected, but if you don't feel safe or ready for bouting yet then don't. Take more time to practice and scrimmage until you feel more comfortable on your skates.

USARS Insurance

USARS, USA Roller Sports, is the officially recognized national governing body for roller skating. The specific disciplines they govern (maintain rules, train officials, determine national teams, compete internationally, etc) include figure skating, speed skating and roller hockey. However, they currently allow recreational clubs to apply for membership and enjoy limited benefits affiliated with the organization.

USARS club insurance is a supplemental accident insurance for your skater if they are injured while competing, NOT a replacement insurance. It is **strongly recommended** that skaters also carry their own primary medical insurance.

Registered USARS member skaters are provided with excess (secondary) accident/medical expense benefits in the amount of \$25,000 for injuries occurring ON SKATES at organized and supervised practices held at your chartered club facility or USARS sanctioned competition. A club officer MUST supervise the event and that individual will be required to certify the validity of the claim

Membership year runs from 1st September to 31st August. Insurance Overview can be found at <https://www.teamusa.org/USA-Roller-Sports/USARS-Resources/Insurance-Overview>

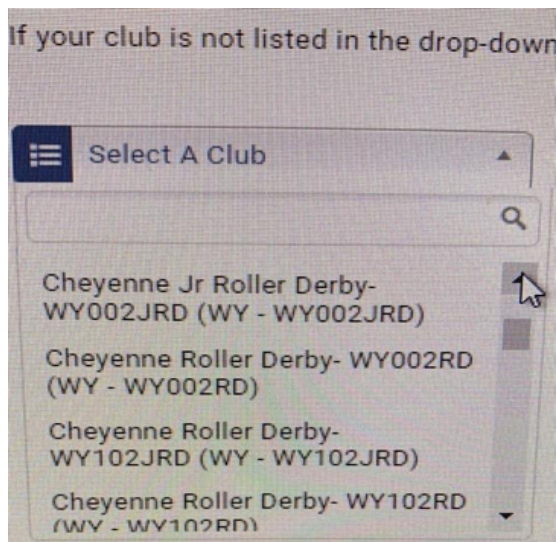
To sign up for USARS club insurance please go to

<https://www.teamusa.org/USA-Roller-Sports/JOIN-PAGES/JOIN--USARS-MEMBERSHIP-SPORT80>

Click on 'Click here to login to Sport80 or Register for your USARS Membership

Click on the Join Now and follow the steps

When the Select a Club comes up please search for Cheyenne Roller Derby- WY002RD for adults



Waiver of Liability, Release Assumption of Risk & Indemnity Agreement

It is the purpose of this agreement to exempt, waive and relieve releases from liability for personal injury, property damage, and wrongful death, including if caused by negligence, including the negligence, if any, of releases. "Releases" include

Cheyenne Roller Derby (LEAGUE NAME)

Hereby referred to as HOST LEAGUE, its affiliate associations, local associations, member teams, event hosts, other participants, coaches, officials, sponsors, advertisers, and each of them, their officers, directors, agents and employees.

For and in consideration of the undersigned participant's registration with HOST LEAGUE, its affiliates, local associations and member teams and being allowed to participate in events and member team activities, participant (and the parent(s) or legal guardian(s) of participant, if applicable) waive, release and relinquish any and all claims for liability and cause(s) of action, including for personal injury, property damage or wrongful death occurring to participant, arising out of participation in events, member team activities, the sport of roller derby, and/or activities incidental thereto, whenever or however they occur and for such period said activities may continue, and by this agreement any such claims, rights, and causes of action that participant (and participant's parent(s) or legal guardian(s), if applicable) may have are hereby waived, released and relinquished, and participant (and parent(s)/guardian(s), if applicable) does(do) so on behalf of my/our and participant's heirs, executors, administrators and assigns.

Participant (and participant's parent(s)/guardian(s), if applicable) acknowledge, understand and assume all risks relating to roller derby and any member team activities, and understand that roller derby and member team activities involve risks to participant's person including bodily injury, partial or total disability, paralysis and death, and damages which may arise therefrom and that I/we have full knowledge of said risks. These risks and dangers may be caused by the negligence of the participant or the negligence of others, including the "releases" identified below. These risks and dangers include, but are not limited to, those arising from participating with bigger, faster and stronger participants, and these risks and dangers will increase if participant participates in roller derby and member team activities in an age group above that which participant would normally participate in. I/We further acknowledge that there may be risks and dangers not known to us or not reasonably foreseeable at this time.

Participant (and participant's parent(s)/guardian(s), if applicable) acknowledge, understand and agree that all of the risks and dangers described throughout this agreement, including those caused by the negligence of participant and/or others, are included within the waiver, release and relinquishment described in the preceding paragraph. I/We agree to abide by and be bound under the rules of HOST LEAGUE, including the By-Laws of the corporation and the arbitration clause provisions, as currently published. Copies are available to HOST LEAGUE members upon written request.

Participant (and participant's parent(s)/guardian(s), if applicable) acknowledge, understand and assume the risks, if any, arising from the conditions and use of roller derby rinks/facilities and related premises and acknowledge and understand that included within the scope of this waiver and release is any cause of action (including any cause of action based on negligence) arising from the performance, or failure to perform, maintenance, inspection, supervision or control of said areas and for the failure to warn of dangerous conditions existing at said rinks, for negligent selection of certain releases, or negligent supervision or instruction by releases.

If the law in any controlling jurisdiction renders any part of this agreement unenforceable, the remainder of this agreement shall nevertheless remain enforceable to the full extent, if any, allowed by controlling law. This agreement affects your legal rights, and you may wish to consult an attorney concerning this agreement.

Participant (and participant's parent(s)/guardian(s), if applicable) agree if any claim for participant's personal injury or wrongful death is commenced against releases, he/she shall defend, indemnify and save harmless releases from any and all claims or causes of action by whomever or wherever made or presented for participant's personal injuries, property damage or wrongful death.

Participant (and participant's parent(s)/guardian(s), if applicable) acknowledge that they have been provided and have read the above paragraphs and have not relied upon any representations of releases, which they are fully advised of the potential dangers of roller derby and understand these waivers and releases are necessary to allow amateur roller derby to exist in its present form. Significant exclusions may apply to HOST LEAGUE's insurance policies, which could affect any coverage. For example, there is no liability coverage for claims of one player against another player.

Please cut at line and return to Secretary

**Waiver of Liability, Release
Assumption of Risk & Indemnity Agreement**

I, (legal name) _____, have read and understand the Waiver of Liability, Release Assumption of Risk, and Indemnity Agreement and I accept the agreement as is

PARTICIPANT SIGNATURE

Date Signed _____

PARTICIPANT NAME (PRINT)

I confirm I am of 18 years of age or older
This form will be retained by the local program.

Medical Release

AUTHORIZATION / MEDICAL RELEASE

I, (league member's name) _____ hereby give authorization for participation in any and all Roller Derby League activities. I hereby grant permission to managing personnel and league representatives to authorize and obtain medical care from any licensed physician, hospital or medical clinic, should the skater become ill or injured while participating in league activities to grant authorization for immediate treatment. I assume all risks and hazards incidental to such participation, including transportation to and from league activities, and do hereby waive, release, indemnify and agree to hold harmless the USARS and any League and its agents, assigns, representatives, officers and employees from any and all claims arising out of the skater's participation in any and all league activities.

I HAVE READ AND UNDERSTAND THE HEALTH REGISTRATION FORM AND AUTHORIZATION / MEDICAL RELEASE. I VERIFY THAT I HAVE COMPLETED THIS FORM AND THAT THE INFORMATION PROVIDED IS TRUE AND CORRECT. I FURTHER AGREE TO ABIDE BY THE RULES/GUIDELINES SET FORTH BY MY REGIONAL ROLLER DERBY LEAGUE.

Signature of League Member: _____ Date: _____

Printed Name (Legal Name): _____

PLEASE LIST BELOW ANY MEDICAL INFORMATION OR CONDITION WHICH MAY BE RELEVANT TO YOUR CARE AND TREATMENT (EMERGENCY OR OTHERWISE).

Skater Code of Conduct

By signing below I hereby agree that:

1. I will lead by example and demonstrate good sportsmanship with fellow skaters, coaches, officials, parents, and other attendees at every game and practice.
2. I will attend every practice and game, and I will notify my local league coach or USARS representative via phone or email if I will be absent. I will be on time for practice and games.
3. I will listen and learn from my coaches and other league members.
4. I will treat my coaches, other league members, officials and fans with respect regardless of race, sex, creed, or abilities, and I will expect to be treated accordingly.
5. I deserve to have fun during my sports experience and will tell parents or coaches if it stops being fun!
6. I deserve to play in an environment that is safe and free of drugs, alcohol, and tobacco.
7. I will not use drugs, alcohol, or tobacco.
8. I recognize the importance of school and will not allow my derby commitment to interfere with my academic success.
9. I will learn the rules of the game of roller derby according to the most current USARS standards.
10. I will use good sportsmanship conduct with all coaches, parents, league members, officials or any other attendees.
11. I will not engage in any behavior which would endanger the health, safety, or well-being of coaches, parents, league members, officials, or any other attendees.
12. I will not engage in the use of profanity, verbal or physical threats, or any abuse aimed at coaches, parents, league members, officials or any other attendees.

If I fail to abide by the above code of conduct, I will be subject to disciplinary action that could include but is not limited to the following:

- (A). Verbal warning by a official or coach, and/or head of league organization*
- (B). Written warning*
- (C). Player game/practice suspension*
- (D). Player season suspension*

* With written documentation of the incident kept on file.

Signature of League Member: _____ Date: _____

Printed Name (Legal Name): _____



Cheyenne Roller Derby



Consent to photograph, film, or video a skater
For non-profit use

(e.g. educational, public service, health awareness purposes, advertising, or promotional activities for the league)

I, _____, grant to Cheyenne Roller Derby, its representatives, and authorized media affiliates the right to take photographs and video footage of _____

(self or minor child)

in connection with my participation in Cheyenne Roller Derby league activities. I authorize Cheyenne Roller Derby, its assigns and transferees to copyright, use and publish the same in print and/or electronically.

I agree that Cheyenne Roller Derby may use such photographs and video footage, with or without names, for any lawful purpose, including for example such purposes as publicity, illustration, advertising, Web content, and journalistic reporting for such outlets as television, magazines, or newspapers. I acknowledge that since my participation in media produced by these entities is voluntary, I will receive no financial compensation. I further agree that my participation in any media produced by these entities confers upon me no rights of ownership.

I have read and understand the above:

Legal Name of Minor Skater

Skater Name

Parent/Guardian Signature

Date

OR

Legal Name of Adult Skater

Skater Name

Signature

Date

Waiver & Acknowledgement
For Roller Derby
Roller City's copy

Print Participant's Legal Name: _____ Date of birth: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

MEDICAL: It is the responsibility of the undersigned to insure that the above named person is medically fit to participate in strenuous on-rink or off-rink activities. As stated below, participation in roller skating activities presents an inherent risk of injury to the person or property. The undersigned certifies that the above named participant has no known conditions that prohibit or limit participation in any skating activities held at Roller City Cheyenne LLC. Additionally, it is recommended that the undersigned have medical insurance in place for the participant to cover any expenses related to any potential injury that may arise from their participation in Roller Derby practices, games and special events through Cheyenne Roller Derby. Roller Derby is a physical contact sport so there will be some physical contact with others.

EQUIPMENT AND SKATES: Participants must wear the mandatory safety equipment during all on-rink activities and practices. The mandatory safety equipment requirement is a helmet, mouth guard, wrist guards, elbow pads, and knee pads. All skates must be rink-safe, meaning that their use will not gash, indent, or blemish the skating surface or any other surface, and the skates will not cause injury to property or person(s). All liabilities thereof are undertaken by the undersigned.

CONDUCT: Spectators (patrons on the premises as a result of your involvement in the class) as well as participants must behave in a respectful manner to both person and property. Behavior that could lead to intervention or unintentional bodily injury or injury to the property will not be tolerated.

INDEMNIFICATION AND RISK ACKNOWLEDGEMENT: In consideration of being allowed to participate in any Roller Derby practices, Roller Derby games and special events put on by the Cheyenne Roller Derby the undersigned acknowledges, appreciates, and agrees that 1) The risk of injuries from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury remains; and 2) I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and I assume full responsibility for my participation; and 3) I willingly agree to comply with the stated and customary terms and

conditions for participation. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself and on behalf of my heirs, assigns, personal representatives, and next of kin do HEREBY RELEASE AND HOLD HARMLESS the roller rink (Roller City CheyenneLLC), coaches, their officers, officials, agents and/or employees, other participants, volunteers, sponsoring agencies, sponsors, and advertisers ("RELEASEES") WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, loss, or damage to person or property WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE. I HAVE READ THIS ASSUMPTION OF RISK AGREEMENT AND I ACCEPT RESPONSIBILITY; I FULLY UNDERSTAND ITS TERMS, AND I UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND I SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Signature of Participant

Printed Name of Participant

Date

Signature of Parent/Guardian

Parental Consent

AND I, the minor's parent and/or legal guardian, understand the nature of the above referenced activities and the minor's experience and capabilities and believe the minor to be qualified to participate in such activities. I hereby release, discharge, covenant not to sue, and AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS each of the Releasees from all liability, claims, demands, losses, or damages on the minor's account caused or alleged to have been caused in whole or in part by the negligence 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 any Release may incur as the result of any such claim.

Signature of Parent/Guardian

Signature of Parent/Guardian

Printed Name of Parent/Guardian

Printed Name of Parent/Guardian

Date

Date