

## Basic Information:

Active skaters pay by the 15<sup>th</sup> of each month:

- \$30 monthly dues: practice space, general supplies, and other junior derby expenses.
  - o \$45 monthly (2) Siblings – dues will increase in \$15 increments for each additional player. Ex: \$60, (3) skaters, \$75 (4) skaters.
- \$20 seasonal insurance for the skater
- A portion of travel expenses during team events. There is no fixed here, it is case-by-case, but this amount is shared equally among all participants, and must be collected, at the latest, the day before departure.
- \$15 monthly if skater is on Leave of Absence (see CBB Bylaws for details)

Drop-in skaters pay:

- \$5 per practice

## Junior Roller Derby Waiver and Acknowledgement

**Medical:** It is the responsibility of the participant and parent/guardian ensure that the participant is medically fit to participate in the strenuous on-rink or off-rink activities. As stated below, participation in roller derby activities represents an inherent risk of injury to person or property. The participant and parent/guardian certify that the above-named participant has no conditions that prohibit or limit participation in any derby/skating activities held by or in association with the Cherry Bomb Brawlers.

**Equipment and Skates:** Participants must wear the following mandatory safety equipment during all CBB on-rink activities and practices: **knee, elbow, and wrist pads, helmet and mouth guard.** Eyeglasses must have plastic shatterproof lenses. **The participant and parent/guardian must take full responsibility that the participant is wearing the aforementioned safety equipment at all times and that it is properly worn.** Only quad roller skates are permitted. All skates must be rink-safe, meaning that their use will not gash, indent or blemish the skating surface or any other surface and that the skates will not cause injury to property or persons. All liabilities thereof are undertaken by the participant and parent/guardian. Participants should use the softest wheel composition available to achieve the best possible grip on the skating surface. **Skaters will be subject to random gear checks. Gear bags are not a sacred place.** CBB coaches and officials reserve the right to check player gear bags for unauthorized substances or dangerous items.

**Conduct:** *Spectators as well as participants must behave in a respectful manner to both person and property. Behavior which could potentially lead to intentional or unintentional bodily injury or injury to property will not be tolerated. The coaches reserve the right to suspend or expel any player at their own discretion.*

**Indemnification and Risk Acknowledgment:** In consideration of being allowed to participate in any way with the CBB athletic sports program, related events and activities, 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 the risk, the risk of serious injury still remains; and,

2. I knowingly and freely assume all such risks, both known and unknown, even if arising from negligence of the release or others, and I assume full responsibility for my participation; and,
3. I willingly agree to comply with the states and customary terms and conditions for participation. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and,
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS the Cherry Bomb Brawlers, the rinks, coaches, their officers, officials, agents, and/or employees, other participants, sponsoring agencies, sponsors and advertisers (“RELEASEES”) WITH RESPECT TO ANY AND ALL INJURY, DISSABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASES OR OTHERWISE.

### **League Practice Information**

- Volunteer opportunities are available during practice times for anyone wishing to participate in the operation & success of the league. This includes refereeing, non-skating official (NSO) positions, committee positions or Pit maintenance.
  - NSO training is available for parents/guardians. This is facilitated by the League. Parents/guardians are encouraged to participate in this as it is directly beneficial to league functions.
- Potential new players and their guardians are the exception to this rule.

### **Parent to Player Interactions Around Practice/Bouts**

- There should be no discussion about practice immediately before practice other than encouraging words.
  - “Do your best.”, “Work hard today, make yourself proud.”
- There should be no discussion about practice immediately after practice other than encouraging statements.
  - “I’m sure you did great.”
  - “You’re amazing at this sport.”, “I’m proud of your dedication.”

### **Parent to Coach Interactions**

- Do not hesitate to come to coaches with an issue. We are willing to work with parents/guardians and players with concerns and will schedule a meeting if necessary.

## **Member Code of Conduct**

Participants hereby agree that:

1. I will lead by example and demonstrate good sportsmanship with fellow skates, coaches, officials, parents, and other attendees at every game and practice
2. I will attend every practice and game to my best ability and I will notify the active coach or CBB representative 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.
5. I deserve to have fun during my sports experience and will tell parents or coaches if this becomes a problem.
6. I deserve to play in an environment that is safe and free of drugs, alcohol, and tobacco. I will not use drugs, alcohol, or tobacco.
7. I recognize the importance of school and will not allow my derby commitment to interfere with my academic success.
8. I will learn the rules of the game of Roller Derby.
9. I will use good sportsmanship conduct with all coaches, parents, league members, officials, or any other attendees.
10. 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.
11. 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.
12. I will not engage in romantic displays at practice, games or other team activities.

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

1. Verbal warning by CBB official or coach, and/or head of league organization\*
2. Written warning\*
3. Player game/practice suspension\*
4. Player season suspension\*

\*with written documentation of incident kept on file

## **Parent Code of Conduct**

I hereby agree that:

1. I will not force my child to participate
2. I will promote the emotional and physical wellbeing of the skater(s) ahead of any personal desires I may have for my player(s) to win.

3. I will inform the coach of any physical disability, injury, or illness that may affect the safety of my player(s) or the safety of others.
4. I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, skater, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.
5. I will encourage my player to play by the rules and to resolve conflicts without resorting to hostility or violence.
6. I will encourage my player to treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.
7. I will respect the officials and their authority during games and will never question, discuss, or confront coaches at the rink, and will take time to speak with coaches at an agreed time and place.
8. I will encourage a safe sports environment for my player that is free of drugs, tobacco, and alcohol.
9. I am refraining from coaching my player or other players during games and practices, unless I am one of the official coaches of my team.

If I fail to abide by the aforementioned rules and guidelines, I will be subject to disciplinary action that could include, but is not limited to the following:

1. Verbal warning by a CBB representative\*
2. Parent game suspension\*
3. Parent season dismissal\*
4. Parent practice suspension\*

\*with written documentation of incident kept on file

## **Non-Compete Clause, Video & Photo Release (I hereby agree that:)**

### **Non-Compete Clause**

While participating as an individual member of the Cherry Bomb Brawlers, a member may not participate with another junior league competing against the previously mentioned. Each individual member of the Cherry Bomb Brawlers will agree to not be a member of, train or game bout with another roller derby league while skating as a Cherry Bomb Brawler unless given expressed authorization from the Cherry Bomb Brawlers President.

### **Photo & Video Release Agreement**

For consideration, which I acknowledge, I irrevocable grant to Cherry Bomb Brawlers, licensees, assigns and successors the right to use my/my player's image and (skater) name in all forms and media including composite or modified representations for all purposes, including advertising, trade or any commercial purpose throughout the world and in perpetuity. I waive the right to inspect or approve versions of my/my player's image used for publication or the written copy that may be used in connection with the images. I relinquish any right I may have to examine or approve the completed product or products of the advertising copy or printed material that may be used in conjunction therewith or the use to which it may be applied. I release, licensees, assigns and successors from any claims that may arise regarding the use of my image including any claims of defamation, invasion of privacy, or infringement or moral rights, rights of publicity

or copyright. Cherry Bomb Brawlers are permitted, although not obligated, to include my name as credit in connection with the image. I have read and understood the photo release agreement.

I (the undersigned) hereby confirm the consent heretofore given with respect to your photographing me or my player in connection with any Cherry Bomb Brawler video and the Cherry Bomb Brawler documentary. Additionally, I hereby grant to you, your successor, assigns and licensees the perpetual right to use, as you may desire, all motion pictures and sound track recordings which you may make of me or my player, and the right to use my name and/or child's name or likeness in or in connection with the exhibition or any other use of such video or recording.

## Concussion Information

*Coaches agree to obtain and remain certified when it comes to concussion awareness. Record of this certification will be kept on file and available upon request at all scheduled CBB events.*

*Coaches reserve the ability to remove any player from a scheduled CBB event if they feel that there is any concern. In an event that a player is removed for concussion concerns, the parent/guardian must obtain then provide medical documentation to the coaching staff that there is no injury before a participant will be allowed to participate fully.*

- *A participant will be allowed to attend practice, but they will not be permitted to wear skates and will be strictly off-skates until medical documentation is provided to the coaching staff.*

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly. In other words, even a “ding” or a bump on the head can be serious. You cannot see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports and symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

### Symptoms May Include One or More of the Following:

<ul style="list-style-type: none"> <li>• Headaches</li> <li>• “Pressure in head”</li> <li>• Nausea or vomiting</li> <li>• Neck pain</li> <li>• Balance problems or dizziness</li> <li>• Blurred, double, or fuzzy vision</li> <li>• Sensitivity to light or noise</li> </ul>	<ul style="list-style-type: none"> <li>• Feeling sluggish or slowed down</li> <li>• Feeling foggy or groggy</li> <li>• Drowsiness</li> <li>• Change in sleep patterns</li> <li>• Amnesia</li> <li>• “Don’t feel right”</li> <li>• Fatigue or low energy</li> </ul>	<ul style="list-style-type: none"> <li>• Sadness</li> <li>• Nervousness or anxiety</li> <li>• Irritability</li> <li>• More emotional</li> <li>• Confusion</li> <li>• Concentration or memory problems (forgetting game plays)</li> <li>• Repeating the same question/comment</li> </ul>
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**Symptoms May Include One or More of the Following:**

<ul style="list-style-type: none"> <li>• Appears dazed</li> <li>• Vacant facial expression</li> <li>• Confused about assignment</li> <li>• Forgets plays</li> <li>• Is unsure of game, score or opponent</li> </ul>	<ul style="list-style-type: none"> <li>• Moves clumsily or displays poor coordination</li> <li>• Answers questions slowly</li> <li>• Slurred speech</li> <li>• Shows behavior or personality changes</li> <li>• Can't recall events prior to hits</li> </ul>	<ul style="list-style-type: none"> <li>• Can't recall events after hits</li> <li>• Seizures or convulsions</li> <li>• Any change in typical behavior or personality</li> <li>• Loses consciousness</li> </ul>
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**What Can Happen if My Child Keeps on Playing with a Concussion or Returns Too Soon?**

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete safety.

**If You Think Your Child Has Suffered a Concussion**

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly the symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The new “Zackery Lystedt Law” in Washington now requires the consistent and uniform implementation of long and well-established return to play concussion guidelines that have been recommended for several years.

“a youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time”

“...may not return until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from the health care provider.”

You should also inform your child’s coach if you think that your child may have a concussion. Remember, it’s better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:

[www.cdc.gov/ConcussionsInYouthSports/](http://www.cdc.gov/ConcussionsInYouthSports/)

By signing and providing the Membership Form to the President participant and parent/guardian acknowledge to have read, understood and agreed to the following in the Cherry Bomb Brawlers membership packet:

1. Cherry Bomb Brawlers Basic Information
2. Roller Derby Waiver and Acknowledgement Sheets
3. Member Code of Conduct
4. Parent Code of Conduct
5. Non-Compete Clause & Video/Photo Release
6. Concussion Information
7. Are you at Risk for Injury?
8. Cherry Bomb Brawlers Policies and Bylaws