



Mainland Misfits Roller Derby, 2016

Welcome to the Mainland Misfits!

The Mainland Misfits (MMRDA), founded in 2010, is British Columbia's only flat track roller derby league that offers teams for all gender identities. Brought together by our shared passion for North America's fastest growing sport and inspired by our fellow skaters, we seek to create a positive athletic environment for everyone.

MMRDA's members are people just like you. They come from every walk of life, skill level, career, and background, but we all have one thing in common - a desire to play, support and compete in the sport of flat track roller derby.

Along with our love for derby, the MMRDA members come together to keep our League alive and growing. We put together our own events from beginning to end, fundraise for charities, help-out in our community and support our sister and brother Leagues in any way that we can. We pay-to-play and are committed to providing our fans with the fullest roller derby experience we possibly can.

The Mainland Misfits is a not-for-profit organization, which means that we rely solely on the support of our fans and sponsors to help us share derby with the world. We would like to invite you to join with us in growing this unique League in what has become the fastest growing sport worldwide.

MMRDA Membership

Flat track roller derby is a hard-hitting, full contact sport that involves commitment, athleticism, sportsmanship and a positive attitude. It takes a lot of work, sweat and in some cases, blood; but can become a positive outlet in your life, where you will meet friends and be valued member of the MMRDA derby family.

The most obvious way to participate with MMRDA is becoming a roller derby player; however, this is certainly not the only way, not even close!

Interested in getting involved in roller derby's front-line action but don't want to play? We're always looking for referees and non-skating officials (NSOs). Refereeing and officiating is an integral part of roller derby. Referees are equally as important as the derby players themselves. A successful derby match is a very hard thing to pull-off without the efforts of the eagle-eyed referees and officials. The referees and officials are responsible for maintaining legal play, recording statistics and above all else; player safety. Referees practice just as hard as the skaters to be good at what they do.

**MAINLAND
MISFITS
ROLLER DERBY**

W www.mainlandmisfits.com
E info@mainlandmisfits.com
Not-for-profit organization
No. S-57605

Don't forget to follow us on...

facebook & twitter

Volunteering with the MMRDA

Want to get involved in roller derby with the MMRDA but not quite ready to lace up the skates? Why not volunteer? Volunteering gives you the opportunity to get in on the action from the sidelines. We are looking for reliable and dedicated volunteers to help us put on the best derby events that we can. We will do our best to accommodate the amount of time you can commit and put you in a volunteer role that best suits your skills and interests. As a volunteer, you will receive free admission to the events you are assisting with. We will also provide you with refreshments to keep you energized. Dedicated volunteers may be eligible for other Mainland Misfits' recognition. And, of course, you will also receive the eternal adoration from our skaters for your hard work!

General Requirements

To become a member or to volunteer for the MMRDA applicants must meet a few basic requirements:

- Must be 19 years of age or older (as per the BC Infants Act - http://www.bclaws.ca/Recon/document/ID/freeside/00_96223_01)
- Provide proof of age
- Must complete the general Membership Application / Volunteer Information Form
- Read, understand and comply with the MMRDA Code of Conduct
- Complete a waiver of liability and a photographic release agreement

Applicants that wish to participate as a skater, referee, NSO, or coach must also satisfy a few additional requirements:

- Prove possession of a BC Care Card (or other BC recognized primary insurance provider)
- Purchase an annual sporting insurance policy through Canadian Roller Derby Information Services (CRDi)
- Complete a BC "Par-Q and You" medical form

Thank you very much for your interest in Mainland Misfits Roller Derby. If you have any questions please do not hesitate to contact us at info@mainlandmisfits.com.

The Mainland Misfits' Board of Directors.

League Information

Rule Set

The MMRDA observes flat track roller derby rules and conventions as dictated by the Women's Flat-Track Roller Derby Association (WFTDA) and the Men's Roller Derby Association (MRDA).

Team Structure

The Mainland Misfits Roller Derby Association's (MMRDA) consists of three WFTDA female teams, the Anarchy Angels, the Smokin' Laces and the Doomsday Bunnies; as well as British Columbia's only male team, the Vancouver Murder.

The Anarchy Angels are the MMRDA's competitive, ranked, travel-based team.

The Smokin' Laces are MMRDA's competitive B-level development team, helping skaters step up their game.

The Doomsday Bunnies are the MMRDA's house team. The Bunnies serves skaters that enjoy roller derby for the sport and are less concerned with competition. The Bunnies also assist newer skaters or skaters that require additional development before being considered for the Smokin' Laces or Anarchy Angels.

The Vancouver Murder is our competitively focused, ranked, travel-based Men's Roller Derby Association (MRDA) team.

Rookie Training

The Rookie skater training program occurs once per year; beginning in September and concluding in March. Women and Men interested in starting a roller derby career with the MMRDA, without previous roller derby experience, must enrol in the Rookie training program to be considered for team draft and membership within the MMRDA. The Rookie program is a crash-course (pun intended) in flat track roller derby fundamentals. The majority of time is spent developing skating and physical skills, but also includes an introduction to roller derby game play and strategy.

As the MMRDA is an all-gender inclusive League, so is the Rookie training program. All people will share the track during skills and skating instruction. The MMRDA has a well established culture of respect between its participants, especially with regard to differences in body size, mass, and physicality that may be present.

Liability insurance is required for participation in the sport of roller derby. In Canada, the preferred insurance provider is Canadian Roller Derby Information Services (CRDi), www.crdinfo.ca. CRDi coverage has been proven to be compatible with the liability requirements of most international roller derby governing bodies including WFTDA.

It should be noted that CRDi insurance provides liability and injury coverage, only. **It DOES NOT cover out of country medical expenses!** Other limitations may apply, please read and understand your CRDi roller derby insurance policy prior to skating.

The CRDi policy is dependent on the applicant possessing valid provincial health coverage. Out of country, skaters will have to secure compatible, primary medical coverage prior to applying for CRDi coverage.

Fees for Rookie participants are as follows (at the time of writing):

- \$30 – September 2016 to December 2016 CRDi insurance
- \$50 – January 2017 to December 2017 CRDi insurance
- \$40 – Monthly practice fee

People who have previous roller derby experience and would consider themselves a “league transfer” are not required to participate in the Rookie program to be considered for draft or tryouts. The MMRDA has special provisions for these skaters.

League Transfers

Throughout the calendar year, the MMRDA will continuously accept league transfer skaters, allowing already skilled roller derby players to bypass MMRDA's one-time-per-year Rookie skater training program. This provision attempts to accommodate skaters that wish to adopt the MMRDA as their home league for reasons of geographical relocation or other reasons where continuing the season with their current league is not possible.

League transfer skaters are defined as skaters that have held membership with a roller derby league in the season previous to membership application with the MMRDA. Each potential skater must provide a letter of reference from their former roller derby league. This reference letter must also contain a record of the skater's successful completion of the minimum derby skills described by the most recent publication of WFTDA official rules.

Team Draft/Tryouts

The team draft is where new League members are invited to join the Doomsday Bunnies or the Vancouver Murder. Both teams have the ability to select potential draftees from the Rookie training program and/or league transfer members. Doomsday Bunnies and Vancouver Murder team drafts will occur continuously throughout the season.

All members of the Rookie Training who pass their minimum skills will join the Doomsday Bunnies or the Vancouver Murder. If you do not pass your skills, there will be opportunities throughout the year to practice your skills in a more one-on-one training setting.

Admission to the Smokin' Laces and the Anarchy Angels is by periodic tryout only.

There is no guarantee that every skater will be successful in tryouts. This is the reality of any competitive sporting organization. Not only must a potential team member possess a sufficiently high level of derby skill but must also fit the team culture to be successful team member. Personality, strong work ethic, and coach-ability are often stronger contributing factors than raw skill in a tryout decision.

Fees for an MMRDA League member (at the time of writing):

- \$50 – Annual CRDI Insurance*
- \$40 – Monthly practice fee
- \$5 – Monthly Team fund

* League transfers may continue to use their existing CRDi insurance policy from their previous league

Anarchy Angels

The Anarchy Angels are MMRDA's competitive women's derby team and represent the MMRDA in WFTDA ranked roller derby. The Angels' roster will be filled through a tryout process consisting of an advanced skills assessment. Tryouts for the Angels will take place periodically throughout the year. As the Angels are a WFTDA apprentice team and must observe WFTDA regulation, the Angels can carry a maximum of 20 skaters at any given time.

The Angels seek to train and play at a high level of competitiveness. Accordingly, all who desire to play for the team – existing and aspiring Angels alike – will be required to compete for their roster spot at each tryout period.

A certain amount of travel outside of the lower mainland, including the USA, will be required by the Angels to maintain ranking. Skaters trying out for the Angels should ensure they have sufficient means and flexibility to facilitate this travel. Prospective Angels must possess a current passport or other acceptable travel documentation.

Skaters wishing to ultimately skate for the Anarchy Angels, but not offered a roster position may consider trying out for the Smokin' Laces. The Smokin' Laces serves as the "B-level" or development team for the Anarchy Angels. Members of the Smokin' Laces are encouraged to attend practices for both the Smokin' Laces and the Anarchy Angels.

The Vancouver Murder

The popularity of men's roller derby has grown significantly faster south of the border than it has in Canada. Due to this reality, much of the Murder's competition will be found in the USA. It is becoming increasingly important that those wishing to play for the Vancouver Murder possess a current passport or other acceptable travel documentation. Similarly to the Anarchy Angels, the Vancouver Murder are members of the MRDA and must observe MRDA regulation, the Murder can carry a maximum of 20 skaters at any given time. The Murder may offer "reserve" positions beyond a 20 player roster, these players will practice with the Vancouver Murder but are ineligible to be rostered for sanctioned contests.

The Doomsday Bunnies and the Smokin' Laces

A certain amount of travel outside of the Lower Mainland, including the USA, will be available to the Doomsday Bunnies and the Smokin' Laces. Skaters should ensure they have sufficient means and flexibility to facilitate this travel. All League skaters should consider obtaining a passport or other acceptable travel documentation.

Referees and Officials

The MMRDA officials crew, The Mob, has no draft process. Those interested in officiating, both on and off skates will be accepted to The Mob immediately. Skating officials and Referees are required to demonstrate the same minimum skating standards as the players; referees will not be permitted to officiate bouts until this minimum level of skating competency has been demonstrated. Officials are invited and encouraged to attend and participate in all League practices and may be invited to officiate team practices as well. The majority of the practices will not be geared specifically toward referees; however, there is usually opportunity for the referees and officials to practice their duties. Periodically, there will be practices that are more referee and official-centric.

Insurance must be purchased by all officials, including non-skating officials due to their proximity to game play. There are no monthly fees for referees or officials to participate with MMRDA.

Coaches

Coaching is an agreement between a specific team and the prospective coach. Coaches are expected to uphold all tenants of the MMRDA Code of Conduct.

Coaches who wish to coach on-skate are required to purchase the CRDi insurance policy. Insurance is encouraged, even for off-skate coaches, due to their proximity to game play. There are no monthly fees for coaches to participate within the MMRDA

League Structure

The MMRDA is governed by an elected Board of Directors which is responsible for managing five business and operational aspects of the organization, all over-seen by an elected League President. The board of directors include: Finance, Operations and Events, Marketing, Personnel and Training. In addition to the five directors are five team appointees to represent the specific interests of the Angels, Laces, Bunnies, Murder and Officials. All aspects of the MMRDA organization, including the Board of Directors are performed on a voluntary basis. (There are no wage, salary, or otherwise remunerated positions).

The director has the ability to delegate aspects of their directorship duties to members of the League. It is mandatory that each MMRDA League member volunteer and contribute to the running of the League. This type of contribution is the only way to make the enormous amount of work that is required to run the League manageable; many hands do make for light work.

League Meetings

The MMRDA hosts a league meeting quarterly. League meetings are a valuable tool in building and maintaining our League and we encourage each member to make these meetings a priority. These meetings are where the Board of Director's update the membership on the running of the League, and also provide a venue for any issues that require the League Membership to vote.

Safety

All protective gear, as specified in the WFTDA official rules, must be worn during all skating activities. This includes, but is not limited to: knee pads, elbow pads, wrist guards, a mouth guard and helmet. Additional protective gear, such as ankle support and tail-bone protectors are recommended. Skaters without protective gear will not be permitted to participate at any on-skate event.

Volunteering

The MMRDA is "by-for" League, meaning the League is run by the skaters, for the skaters. As such, each member is REQUIRED volunteer in some capacity to facilitate the operation and betterment of the League. Areas for volunteering correspond to the duties of the five board directorships. Finance, Marketing, Operations & Events, Personnel, and Training. Members MUST volunteer for at least one of the following volunteer areas:

- Finance: Activities involving banking and accounting
- Marketing: Activities involved in League and event promotion
- Operations & Events: Activities involved in event production, event facilities, and licensing
- Personnel: Activities involving record keeping and requirements of incorporation
- Training: Activities involving training processes and training facilities.

Transgender or Non-Binary Gendered Skaters

The MMRDA is a mixed gender League catering to both men's and women's roller derby. The MMRDA welcomes transgender and non-binary gendered skaters and encourages them to participate for a team that best represents the gender for which they identify with; however, a skater may not hold roster positions on both men's and women's teams simultaneously.

Skaters considering the Anarchy Angels must be compliant with the WFTDA's current Gender Policy, regardless of personal gender identity. <http://wftda.com/wftda-gender-policy>

Resource Expectations

The MMRDA strives to keep flat track roller derby as accessible and affordable as possible; however, roller derby is an equipment based sport. As such, any new entrant will be met with an initial equipment and uniform investment as well additional on-going costs, like: equipment maintenance, monthly League dues, etc. Throughout the season, travel opportunities will exist for all teams. These extra travel, accommodation and food costs are almost always borne by the skater. The MMRDA asks that all potential members be conscience of the financial requirements to play roller derby and be realistic in their ability to meet them.

General

All new League associates, including but not limited to: skaters, League transfers, Rookies, coaches, referees officials and volunteers are subject to a three (3) month probationary period where the associate MAY be dismissed without appeal. The balance of any insurance policy premium can be refunded, however portions of unused monthly League dues may not.

League Transfer Skaters

Throughout the calendar year, the MMRDA will continuously accept league transfer skaters, allowing already skilled roller derby players to bypass MMRDA's one-time-per-year new skater training program. This provision attempts to accommodate skaters that wish to adopt the MMRDA as their home league for reasons of geographical relocation or other reason where continuing the season with their current league is not possible.

League transfer skaters are defined as skaters that have held membership with a roller derby league in the season previous to membership application with the MMRDA. Each potential skater must provide a letter of reference from their former roller derby league. This reference letter must also contain a record of the skaters successful completion of the minimum derby skills described by the most recent publication of WFTDA official rules. These skaters need not have had previous bouting experience but must prove themselves to possess, at minimum, roller derby skills consistent with a recent rookie skater graduate.

If the potential league transfer cannot prove successful achievement of WFTDA minimum skills or provide a reference from their former roller derby league, the skater may be accepted into the Doomsday Bunnies/Vancouver Murder with permission from the MMRDA Board of Directors. The potential league transfer will then be required to demonstrate skills equivalent to the minimum roller derby skills as prescribed by WFTDA/MRDA. Transfer skaters who can provide proof minimum skills may still be required to demonstrate these minimum skills as prescribed by WFTDA/MRDA. Evaluation session(s) will be at the convenience of the MMRDA training committee. Neither full contact, nor scrimmaging, will be permitted until skills testing has been successfully completed.

Proof of existing roller derby insurance is required. If the potential transfer did not previously hold roller derby insurance an insurance application must be made. The skater may not participate on skates until they have obtained a valid roller derby insurance policy. Additionally, in cases of out of province/country transfer, the skater must also prove a primary health insurer equivalent to or compatible with BC-Med. All potential transfer skaters must submit registration documentation as required by the MMRDA Director of Personnel. This documentation requires a fixed mailing address, proof of minimum age, proof of primary medical insurance, valid email address and local telephone number, amongst other information.

Code of Conduct

PURPOSE

Roller derby brings with it particular responsibilities for players and officials to conform to high standards of fair play and personal behaviour both on and off the track. This Code of Conduct is intended to protect and enshrine such important qualities and standards so that all may continue to enjoy roller derby now and in the future with the Mainland Misfits Roller Derby Association ("MMRDA").

GENERAL CODE OF CONDUCT

- All MMRDA members shall endeavour to conduct themselves with honesty, fairness, integrity and in a manner that is consistent with the bylaws and policies of the association
- All bylaws, policies and decisions of the League and its committees apply equally and fairly to all League members.
- It is expected that MMRDA members will discuss questions, concerns, problems openly, honestly and respectfully.
- All League members are considered to be representatives of MMRDA at events hosted by MMRDA or where MMRDA is a guest. It is expected that League members will conduct themselves accordingly at these events. This includes:
 - Endeavouring to maintain a positive attitude throughout the event;
 - Ensuring respectful interactions with all fellow skaters, coaches, officials and spectators throughout the event;
 - Behaving in a manner consistent with the image and purpose of MMRDA, as identified in its bylaws.
- Outside of official events, League members will not represent MMRDA in any official capacity or through any official communication (email, social media, etc) without prior delegation or approval from the appropriate director(s).
- As an organization that is run by its members, it is expected that all League members will volunteer their time or skills as needed
- League members are expected to ensure sportsmanlike conduct before, during and after bouts, including at after bout events. It is expected that any and all interactions with fellow skaters, coaches, officials and spectators remain dignified and respectful.
 - Profanity towards other players, coaches, officials, or spectators will not be tolerated.
 - Fighting with other players, coaches, officials, or spectators will not be tolerated.
- All League members will refrain consuming alcoholic beverages and controlled substances before and during all MMRDA bouts, scrimmages and practices, whether they are on skates or off. At non-skating League functions where alcohol is present, all League members are expected to maintain control of their actions.
- No member of MMRDA shall ever have the authority to deny or discourage anyone from joining MMRDA based on appearance, race, gender, sexual orientation, religion or abilities. Anyone meeting the recruitment requirements is allowed to join MMRDA and should be encouraged to do so.
- League members will adhere to dress codes for bouting, promotional opportunities & public events as set out by the Board of Directors.
- MMRDA players must show due regard for the property and facilities of the MMRDA, teams, clubs, and staff of those bodies and the property, facilities and staff of other providers (including venue, hotel, bus and air-plane operators), which a MMRDA player may utilize during any authorized activities in which the MMRDA player may be engaged.

CONFIDENTIALITY

- MMRDA players must maintain the confidentiality of all material provided in confidence. Such materials include (without limitation) personal information of any member, financial information, and records of the MMRDA.
- Information disclosed by members of the MMRDA is treated as confidential.
- All sensitive information disclosed by members and potential members to the MMRDA Board of Directors will be held in confidence and will only be available to the Board of Directors.

BOARD OF DIRECTORS – CODE OF CONDUCT

- All Directors are expected to familiarize themselves and ensure compliance with the bylaws and policies governing MMRDA.
- As League representatives, it is expected that Directors will include fellow League members in the planning, leadership, evaluation and decision-making related to MMRDA to the greatest extent possible.
- All matters that fundamentally impact MMRDA, MMRDA membership requirements and/or the goals of the organization will be subject to League vote. It is expected that Directors will ensure decisions of this nature are not being decided exclusively by the Board of Directors and/or their committee members.
- To facilitate inclusion and involvement of League members, it is expected that Directors will maintain open lines of communication with the members they are working with. It is expected that Directors will:
 - Endeavour to delegate tasks to their volunteers to ensure an equal distribution of workload amongst League members; and,
 - Include these volunteers in the decision-making process to the greatest extent possible.
- Ensure MMRDA events respect the athleticism and integrity of the game of roller derby while recognizing the inherent value of our fans and entertainment component of MMRDA events.
- Ensure that equipment and facilities are safe and appropriate for every ability level of participation members.
- Ensure that adequate supervision is provided and qualified and competent coaches and officials capable of developing appropriate positive behaviour and skill technique.
- Encourage skaters to realize their potential athletic ability as individuals, and as team players.
- Respect the roles of fellow Directors and work within the guidelines of these positions.
- Recognize that any action which may lead to a conflict of interest, either real or apparent, must be avoided. Special treatment or privileges for any member of the League must be avoided.

OFFICIALS CODE OF CONDUCT

- Hold and maintain the basic tenets of officiating: integrity, neutrality, respect, sensitivity, professionalism, discretion and tactfulness.
- Master the rules of the game and procedures necessary to enforce the rules, and exercise authority in an impartial, firm and controlled manner.
- Display and execute superior communication skills, both verbal and non-verbal.
- Recognize that any action which may lead to a conflict of interest, either real or apparent, must be avoided. Special treatment or privileges for any skater in the League, which can compromise the perceived impartiality of officiating, must be avoided.
- The expression of personal opinions regarding teams, players and bouts should be avoided in public forums to prevent conflicts of interest. MMRDA officials should never publicly express predictions or judgments regarding bouts they are scheduled to officiate.
- Work with one another and the governing bodies in a constructive and cooperative manner.
- Resist every temptation and outside pressure to use one's position as an official to benefit oneself.
- Never engage in any sort of gambling acts related to any MMRDA bouts.
- Accept responsibility for all actions taken.

COACHES CODE OF CONDUCT

- Encourage good sportsmanship from players, fellow coaches, officials and visiting Leagues at every game and practice by demonstrating good sportsmanship.
- Place the emotional and physical well being of their players ahead of their personal desire to win.
- Treat each player as an individual and with respect.
- Teach MMRDA players the Rules and Regulations of the game as stated in the WFTDA guidelines.
- The game is for the players, keep informed of sound principles of coaching.
- Respect the demands on athlete's time, energy and enthusiasm.
- Members participate for fun and enjoyment and that winning is only part of the enjoyment. A member must never be ridiculed for making mistakes or losing an event.
- Follow the advice of member's physicians when determining when an injured athlete is ready to recommence training or competition.



Mainland Misfits Roller Derby

Membership Package

We are excited for your interest in Mainland Misfits roller derby! When you finish filling out this membership package, please use this page as a checklist to make ensure you have all of the necessary items before you submit this package. When completing forms, please print neatly in black or blue ink (or as PDF form, where applicable) and return pages flat or neatly folded. **Please do not staple, paper-clips only.**

Items for you to read and keep

- League Information
- Code of Conduct
- League transfer skater information
- WFTDA Minimum Skills Requirement
 - <http://wftda.com/rules/wftda-minimum-skill-requirements.pdf>
- WFTDA official rules
 - <http://wftda.com/rules/wftda-rules.pdf>
- CRDi insurance policy
 - <http://www.crdinfo.ca/>

Membership Application Checklist

- Applicant Information (PDF Form)
- Be prepared to display proof of age to the MMRDA
- Signed copy of the Release and Waiver of Liability, Assumption of Risk and Indemnity and Model Release Form (Two pages)
- CRDI 2015 Individual Player Waiver Form (Valid for 14 days)*
- Obtain 2016/2017 CRDI insurance *
- Par-Q & You Form *

* Volunteers need not include these items in their application

Obtaining CRDi insurance

CRDi insurance should be obtained directly from CRDi. Please follow the link provided and complete the on-line insurance form. Obtaining insurance directly from CRDi does require email funds transfer, PayPal or money order by letter-mail.

<http://www.crdinfo.ca/#!2015-west-green-form/c1mgt>

If you have ANY questions please contact info@mainlandmisfits.com

**MAINLAND
MISFITS
ROLLER DERBY**

W www.mainlandmisfits.com
E info@mainlandmisfits.com
Not-for-profit organization
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Mainland Misfits Roller Derby

Membership Application / Volunteer Information Form

Please indicate membership type and area sport involvement:

Skater: Official: Coach: Volunteer:

First Name:

Last Name:

Derby Name: Gender: Binary that you best identify with

Address:

City: Province:

Postal code: Phone:

Email:

Birth date: Day: Month: Year:

Care Card #:

(If not a BC Care Card, please indicate primary insurer)

Please indicate level of skating experience:

Advanced: Intermediate: Beginner:

Previous roller derby experience:

League: Seasons:

CRDi Number: (if applicable)

Emergency contact:

Name: Phone: Relation:

Name: Phone: Relation:

Existing acute medical conditions (allergies, epilepsy, etc.):

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**MAINLAND
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ROLLER DERBY**

W www.mainlandmisfits.com
E info@mainlandmisfits.com
Not-for-profit organization
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Please indicate the areas that you are most interested to volunteer, by rank (1-5):

(volunteering inside the League is a mandatory requirement for membership)

Finance:	<input type="checkbox"/>
Marketing:	<input type="checkbox"/>
Operations & Events:	<input type="checkbox"/>
Personnel:	<input type="checkbox"/>
Training:	<input type="checkbox"/>

(1 most interested – 5 least interested)

Do you wish to declare any special skills that may be of benefit to the League? (Accounting experience, marketing experience, graphic design experience, etc.).

(This declaration is OPTIONAL)

Release and Waiver of Liability, Assumption of Risk and Indemnity

IN CONSIDERATION OF BEING ALLOWED TO PARTICIPATE IN ANY WAY IN THE MAINLAND MISFITS ROLLER DERBY ASSOCIATION ATHLETIC SPORTS PROGRAMS, RELATED EVENTS AND ACTIVITIES, THE UNDERSIGNED ACKNOWLEDGES, APPRECIATES AND AGREE THAT:

The risk of injury 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 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 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 from participation and bring such to the attention of the nearest official immediately; and I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS the Mainland Misfits Roller Derby Association, the rink, coaches, their officers, officials, agents, and/or employees, other participants, sponsoring agencies, sponsors and advertisers. ("RELEASEES") WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH or loss, or damage to person or property, WHETHER ARISING FROM NEGLIGENCE OF THE RELEASEES OR OTHERWISE.

I HAVE READ THIS ASSUMPTION OF RISK AGREEMENT, ACKNOWLEDGEMENT 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.

Legal Name: _____

Signature: _____

Date: _____

Model Release Agreement

I hereby grant Mainland Misfits Roller Derby Association, or anyone authorized by them, the absolute and irrevocable right and permission, in respect of the photographs, video, or any other form of media, taken of me, or in which I may be included with others, to copyright the same, in their own name or otherwise; to use, re-use, publish, and re-publish, the same in whole or in part, individually or in matter, in any and all media now or hereafter known, and for any purpose whatsoever; and to use my name in connection therewith if they choose.

I hereby release and discharge the Mainland Misfits Roller Derby Association or anyone authorized by them from any and all claims and demands arising out of or in connection with the use of the photographs/video/other media, including without limitation, any and all claims for libel or invasion of privacy.

This authorization and release shall also insure to the benefit of the heirs, legal representatives, licensees, and assigns of Mainland Misfits Roller Derby Association and those authorized by them, as well as the person(s) for whom the photographs were taken.

I AM OF FULL AGE AND HAVE THE RIGHT TO CONTRACT IN MY OWN NAME. I HAVE READ THE FOREGOING AND FULLY UNDERSTAND THE CONTENTS THEREOF. THIS RELEASE SHALL BE BINDING UPON ME AND MY HEIRS, LEGAL REPRESENTATIVES AND ASSIGNS.

Legal Name: _____

Signature: _____

Date: _____

I have completed this form accurately to the best of my ability:

Signature of participant:

Date:

Your privacy is important to the MMRDA. We do not share, sell, rent, or loan any personal information (any information from which you can be identified) regarding our members to anyone outside of the MMRDA. Any information you give us is treated with care and will not be used in ways to which you have not consented. We value your privacy. However, at all times we reserve the right to disclose information where required by law; to comply with valid legal processes such as a search warrant, subpoena or court order; to protect the MMRDA's rights and property.



CRDi

10126-100 Ave, PO Box 3016
Morinville, Alberta T8R 1R9

2016 INDIVIDUAL PLAYER WAIVER FORM

LEAGUE: _____

PLAYER'S NAME: _____ CITY: _____

ADDRESS: _____

POSTAL CODE: _____ EMAIL ADDRESS: _____

HOME PHONE: _____ DATE OF BIRTH: _____/_____/_____
MONTH DAY YEAR

WARNING: *Please read this waiver carefully, by signing this agreement, you are affecting your legal rights and liabilities. Do not sign this agreement unless you have carefully read this entire Agreement, understand it, and agree with all of its contents.*

This waiver is effective for a period of no more than 14 days from the date signed below.

RELEASE OF LIABILITY, WAIVER OF CLAIMS, ASSUMPTION OF ALL RISKS, & INDEMNITY AGREEMENT

I AGREE that I am over the age of 18 years, and that I, the undersigned, agree that in consideration of myself being permitted to enter and use any one of the described lands, buildings, and premises used for ROLLER DERBY, and for ANY activities including, but not just limited to roller derby, on behalf of myself, my heirs, successors and assignors, DO HEREBY REMISE, RELEASE, INDEMNIFY, SAVE HARMLESS, DISCHARGE, AND FOREVER HOLD HARMLESS Canadian Roller Derby Info (CRDi), leagues insured by CRDi, CRDi directors, employees, volunteers, coaches, instructors, agents, and independent contractors and their heirs, successors, and assignors from any claims whatsoever arising by reason of any disease, deterioration of health, illness or injury to any person, including death, or for damage to, or loss of any of my property resulting from or arising from use of the lands and premises, from being present on the lands and premises, from participation in any program, from the use of any facilities or equipment located on the lands and premises, from acceptance of the advice of, or from the gross or willful negligence of CRDi, and CRDi associated leagues, CRDi directors, employees, volunteers, coaches, instructors, agents, independent contractors or any other persons using the lands and premises. The activities that the above signed player will be participating in will be inherently dangerous, and they will be exposed to risk of serious injury, disability, death, and risk of damage to or loss of property. I acknowledge that there may not be prompt access to medical assistance or treatment when participating in any activities, and I assume and accept any risk relating to the access to medical assistance and/or treatment. By signing this document I acknowledge that I have read, understood and accepted the conditions of this waiver form and are waiving certain legal rights, including the right to sue. By signing this document I acknowledge that the above said person is skating with only provincial health care coverage and is not covered by CRDi insurance.

DATED: _____, 20____

FULL NAME (please print carefully)

PLAYER'S SIGNATURE

*Your signature on this form will serve as your official signing of this release

TEAM REP SIGNATURE

DATE SIGNED

PAR-Q & YOU

(A Questionnaire for People Aged 15 to 69)

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

If you are planning to become much more physically active than you are now, start by answering the seven questions in the box below. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age, and you are not used to being very active, check with your doctor.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly: check YES or NO.

YES	NO	
<input type="checkbox"/>	<input type="checkbox"/>	1. Has your doctor ever said that you have a heart condition <u>and</u> that you should only do physical activity recommended by a doctor?
<input type="checkbox"/>	<input type="checkbox"/>	2. Do you feel pain in your chest when you do physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	3. In the past month, have you had chest pain when you were not doing physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	4. Do you lose your balance because of dizziness or do you ever lose consciousness?
<input type="checkbox"/>	<input type="checkbox"/>	5. Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
<input type="checkbox"/>	<input type="checkbox"/>	7. Do you know of <u>any other reason</u> why you should not do physical activity?

If
you
answered

YES to one or more questions

Talk with your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you have a fitness appraisal. Tell your doctor about the PAR-Q and which questions you answered YES.

- You may be able to do any activity you want — as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice.
- Find out which community programs are safe and helpful for you.

NO to all questions

- If you answered NO honestly to all PAR-Q questions, you can be reasonably sure that you can:
- start becoming much more physically active — begin slowly and build up gradually. This is the safest and easiest way to go.
 - take part in a fitness appraisal — this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively. It is also highly recommended that you have your blood pressure evaluated. If your reading is over 144/94, talk with your doctor before you start becoming much more physically active.

DELAY BECOMING MUCH MORE ACTIVE:

- if you are not feeling well because of a temporary illness such as a cold or a fever — wait until you feel better; or
- if you are or may be pregnant — talk to your doctor before you start becoming more active.

PLEASE NOTE: If your health changes so that you then answer YES to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.

Informed Use of the PAR-Q: The Canadian Society for Exercise Physiology, Health Canada, and their agents assume no liability for persons who undertake physical activity, and if in doubt after completing this questionnaire, consult your doctor prior to physical activity.

No changes permitted. You are encouraged to photocopy the PAR-Q but only if you use the entire form.

NOTE: If the PAR-Q is being given to a person before he or she participates in a physical activity program or a fitness appraisal, this section may be used for legal or administrative purposes.

"I have read, understood and completed this questionnaire. Any questions I had were answered to my full satisfaction."

NAME _____

SIGNATURE _____

DATE _____

SIGNATURE OF PARENT
or GUARDIAN (for participants under the age of majority) _____

WITNESS _____

Note: This physical activity clearance is valid for a maximum of 12 months from the date it is completed and becomes invalid if your condition changes so that you would answer YES to any of the seven questions.

