Dear Member or Prospective Member,

Welcome to another exciting year of BMX racing. We are looking forward to seeing all our returning members as well helping our new members enjoy this Olympic sport. Contained in this package is all the information required for your annual BMX membership and licence. Please take the time to review, complete required forms and return. If you should have any questions regarding any information contained in this package, please feel free to contact our Track Operator or another member on our board.

This package includes the following:

- Membership checklist and information
- Alberta Bicycle Association Licence information
- Red Deer BMX Membership application
- Code of Conduct form
- Concussion Information

****** Due to insurance regulations, riders will not be permitted on any Alberta track until licence and memberships are completed ******

Membership Registration Checklist

Please select one of the two following membership options offered for the Current Race Season. Complete the list of registration requirements, and turn in your completed registration packages to Red Deer BMX. Please make sure all required documents are completed to ensure there is no delay in processing your membership. Please note that riders will not be permitted on any Alberta track until licence and memberships are completed

☐ **Option 1:**

Full Membership

___ Alberta Bicycle Association licence
___ Red Deer BMX Membership Application
___ Code of Conduct
___ Proof of registration payment
___ 1 post dated cheque per family (September 30 of current year) for $200 made out to Red Deer BMX (Volunteer requirements)
___ 1 post dated cheque per family (September 30 of current year) for $200 made out to Red Deer BMX (Bingo requirements)

OR

☐ **Option 2:**

General Membership

(non racing licence with Alberta Bicycle)
Access to Red Deer BMX scheduled track events ONLY 4 times

___ Alberta Bicycle Association licence
___ Red Deer BMX Membership Application
___ Code of Conduct
___ Proof of registration payment

Alberta Bicycle License

An Alberta bicycle license (ABA license) is required by all members to be on any track in the province. Below is the information needed to help you obtain your license for the upcoming race season.

You will need the following to complete your online application;

- A picture of your rider to download onto the application form. (The photo should be of the rider's heads & shoulders, with no hat or sunglasses & on a light single coloured background much like a passport photo)
- A copy of the riders birth certificate, drivers license or passport (for new rider's only)
- A form of payment (Visa or Mastercard)

To purchase:
Go to www.albertabicycle.ab.ca and register online by clicking the membership tab.

Complete License Cost $170:
Payment will be accepted by any major credit card at the end of your application.
Breakdown:

- Alberta Bicycle License:
  - $90 for each rider 17 & under or
  - $110 for each rider 18+
- Red Deer Membership:
  - $80 for each rider 17 & under or,
  - $60 for each rider 18+
- General license:
  - $40 for a trial license for young riders to try the sport at the Red Deer BMX track only. (Upgrade to full license after 4x on the track for the balance of $130 fee)

If there are multiple riders in your family, you will be asked at the end of each application if you would like to add another rider before proceeding to checkout.

Please bring proof of registration such as a copy of your receipt or the temporary license itself to the track along with your Red Deer BMX paperwork which includes the application that follows along with codes of conducts for parents & riders.

Volunteer & Bingo Requirements

2 Post dated cheques for the amount of $200 dated September 30, 2019 are required from each BMX family in order to complete rider registration.

Cheque #1 - Work a minimum of 1 bingo before the 2019 season is over. Bingos are our primary fundraiser and we schedule them year round, we need to keep our dates filled. This is incentive to ensure we have the help!

Dates are shared on our Facebook page and will be on our website. www.reddeerbmx.ca

Cheque #2 - Work a minimum of 10 volunteer hours before the season is over. These can be done by doing work bees, volunteering on the track during open track, race nights or special events. (Make sure you put your name down on the volunteer sheet so we can log them.)

Only in the event you do not meet these requirements will we cash your cheque(s) at the end of the season. Cheques will be destroyed once obligations have been met.

We appreciate the time and effort all of our families put into their club. Without your dedication Red Deer BMX would not be possible.

Application for Club Membership

Red Deer BMX Association – Box 978 Red Deer, Alberta T4N-5H3

I do hereby make application to the "Red Deer BMX Association" and agree to comply with all rules and regulations for all activities and understand that I am fully responsible for my actions and my children's actions. I understand my membership will be valid for the current calendar year and is renewable each year.

Date: _____ Gender: Male_____ Female_____

Rider's Full Name (please print) _____

Address: _____

City, Province: _____ Postal Code: _____

Telephone: (Home) _____ (Work) _____
(Cell)_____

Email (1)_____ Email
(2)_____

Date of Birth (MMDDYYYY) _____/_____/_____ Age as of December 31 of this year_____

Check all that apply ( ) Novice ( ) Intermediate ( ) Expert ( ) Jr. Elite ( ) Elite ( ) Cruiser

WAIVER OF CLAIM – MEDICAL RELEASE

In consideration of the participation of the minor child being permitted to participate in all activities, I hereby agree to indemnify and hold blameless the Red Deer BMX Association, it's officers, members, agents or volunteers, from any and all liability from damages, loss or injuries, either to person or property, which the said minor may sustain while engaged in any activity conducted by or in connection with the Red Deer BMX Association, including but not limited to transportation.

I further certify that I have custody or am the legal guardian. I further allege that the said minor is physically able to participate in the activity set forth herein. I further agree to reimburse or make good any loss or damage costs that the Red Deer BMX Association may have to pay if any litigation arises on account of any claim by said minor, or anyone on said minor's behalf.

I agree that in the event that the said minor requires medical or surgical treatment while under the supervision of the Red Deer BMX Association recreational personnel in connection with any sponsored activity or trip, such supervisor can authorize treatment. I also agree to pay for all medical, hospital, or other expenses which said minor may incur as a result of such treatment.

I also hereby expressly grant the Red Deer BMX Association and its agents, the right to photograph me and use my picture, silhouette, and other reproductions of my physical likeness, (As the same may appear in any still camera photographs, and/or video tape productions) and in connection with exhibition on television or otherwise, of any video tape and which the same would have been used or incorporated, and also in advertising, exploiting, and/or publicizing of any such video tape, but not limited to television. I further give to the Red Deer BMX Association the right to reproduce in any manner whatsoever any recordings made of my voice and all instrumental, musical and any other sound effect produced by me.

IN WITNESS WHEREOF, I/We sign this release on the _____ day of _____

_____ _____
Signature of Parent/Guardian/Adult Competitor Signature of Parent/Guardian/Adult Competitor

Parent(s) Name(s)_____

Parent(s) Occupation if willing/able to donate services to the track _____

Alberta Bicycle Association

Athlete's Code of Conduct

If children are to grow and develop in their sport and environment of positive communication and respect must exist. It is the intention of this pledge to promote proper behavior and respect for all participants in BMX. All parents **must** sign this pledge before being allowed to participate and must continue to observe the principles of True Sport and Fair Play.

- I will remember that my child plays sport for his or her enjoyment, not for mine.
- I will encourage my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
- I will teach my child that doing one's best is as important as winning, so that my child will never feel defeated by the outcome of a race.
- I will make my child feel like a winner every time by offering praise for competing fairly and trying hard.
- I will never ridicule or yell at my child for making a mistake or losing a competition.
- I will remember that children learn best by example. I will applaud good players' performances by both my child's team and their opponents.
- I will not force my child to participate in sports.
- I will never question the official's judgment or honesty in public.
- I will support all the efforts to remove verbal and physical abuse from children's sporting activities.
- I will respect and show appreciation for the trained volunteer coaches and officials who give their time to provide sport activities for my child, understanding that I have a responsibility to be part of my child's development.

I, the undersigned, agree to abide by the Code of Conduct while participating at all Alberta Bicycle sanctioned events. I understand that any violation of these guidelines shall be dealt with initially by the host track and ultimately by the Alberta Bicycle Association. Further, I understand that any breech of this agreement will be subject to disciplinary action by either fine or suspension, as provided for by ABA and UCI Regulations.

I agree to Play Far.

_____ _____

Signature of Athlete Name of Athlete

Alberta Bicycle Association

Parent Code of Conduct

TRUE SPORT LIVES HERE

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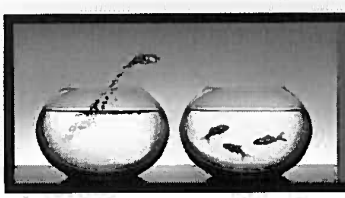
I agree to Play Fair

_____ _____

Signature of Parent Name of Parent

_____ _____

Signature of Parent Name of Parent



Concussions

What Is a Concussion?

•Can be caused by a bump, blow, or jolt to the head or by rapid acceleration or deceleration.
•Mild traumatic brain injury (mTBI) and needs to heal.
•You do not need to have been "knocked out".
•Can cause serious and lasting effects on children.
•Can not be seen.
•Presents differently in each person.

Signs & Symptoms

•Difficulty thinking clearly or concentrating
•Feeling slowed down
•Difficulty remembering new information
•Headache or "pressure" in the head
•Fuzzy/blurry vision
•Nausea or vomiting
•Dizziness or balance problems
•Sensitivity to noise or light
•Feeling tired, having no energy
•More emotional, nervous, anxious, sad or irritable
•Disruption of sleep patterns
•Trouble falling asleep
•Can't recall events prior or after
•Just not "feeling right"

Symptoms could appear immediately or several days or even months after.

Red Flags (seek Dr. immediately)

•One pupil is larger than the other
•Drowsiness or inability to wake up
•Headache that gets worse
•Slurred speech, weakness, numbness or decreased coordination
•Repeated vomiting or nausea
•Convulsions or seizures
•Unusual behavior, increased confusion, restlessness or agitation
•Weakness or numbness in legs
•Loss of consciousness

5 Steps for Healthy Brains

1. Practice good sportsmanship and fair racing.
2. Complete baseline and post-concussion testing.
3. Wear a proper helmet.
4. Report if you suspect a concussion with yourself or a teammate.
5. Have an Action Plan ready for concussion management.

So I think I Have a Concussion. Now What?

•Immediately remove yourself from play, practice and physical activity.
•Refer to medical professional.
•Rest physically, emotionally and cognitively until symptom free for at least 48hr.
•Stay away from: distractions, noise and busy visual spaces.
•Remove any and all stress.
•No devices (no screen time), movies, videogames, or loud music .
•Sleep or nap as needed.
•Use an icepack for comfort.
•Do not go to school until cleared.
•Do not return to riding until cleared.
•80-90% of mTBI have recovered within 3wks.

Is My Helmet Okay?

•Helmets deteriorate with age and have a limited lifespan. They must be replaced after 5years (or less if manufacturer recommends.)
•A helmet is only good for one impact. If you hit your head it needs to be replaced.
•If the helmet has any cracks or dents you will need to replace it.
•Helmets are constructed so that the energy of the blow is managed by the helmet. If any part of it is compromised (which you may not be able to see visually) it needs to be replaced.
•A helmet should fit snugly so that it is stable when you shake your head side-to-side, front-to-back or up and down and should grip your cheeks and jaw as well as the top and sides of your head.

Returning to Ride

•Once symptoms are gone for 48hrs and youth is able to return to school fully without extra rests, permission may be obtained from medical professional to begin return to play steps.
•Returning to ride is a step-wise process done in partnership with a medical professional that requires patience, attention and caution.

"IT'S BETTER TO MISS ONE RACE, THAN THE WHOLE SEASON."

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Fax: 403.342.4154
Email:office@suicidehelp.ca
www.suicidehelp.ca