



GUIDELINES AND VALUES

**Helltown Hellcats Helsingborg Roller Derby
is a politically and religiously nonpartisan club that
does not tolerate any form of bullying, racism
or discrimination.**

These guidelines, our statutes and values must be followed by the club's board and all members. They exist to create a good atmosphere between teammates, coaches and the board, and for everyone to know how the club works and who to turn to regarding things concerning the club.

Please keep in mind that everyone who works with this club does so on their free time and non-profit, and the only bonus they receive is to see the club grow and develop.

www.helltownhellcats.com
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Membership

Anyone can become a member of Helltown Hellcats by paying the membership fee. This gives you access to the Facebook group Helltown Medlem (Helltown members). Members who turn 16 during the calendar year also have the right to vote at the annual meeting. Pay the membership fee in December each year to keep your existing membership.

Your membership is valid from January 1st, or upon entry, until December 31st. As a member, you must read and follow the club's statutes, values and guidelines. They are available at www1.idrottonline.se (search Helltown Hellcats then click on archive) and in our facebook groups.



Helltown Hellcats Club follows the gender policy that Svenska Skridskoförbundet (the Swedish Skating Federation) has established according to <https://www.skridsko.se/globalassets/svenska-skridskoforbundet/dokument/verksamhets-och-styrdokument/2019/genderpolicy-for-det-nationella-seriespelet-i-roller-derby.pdf>

Everyone is welcome as members, volunteers, referees and Non-Skating Officials regardless of gender identity and gender expression.

Player/active member

To participate in practice and matches, you must be a member of the Helltown Hellcats Roller Derby Club and have paid the training fee no later than June 30th and December 31st and be at least 12 years old. To start training with the Helltown Hellcats (senior team), you must be at least 16 years old, have participated in our beginners' course or have previous experience that is assessed by the Helltown Hellcats head coach. To train with Helltown Hellkittens (junior team) you need to be 12-15 years old.

To play and compete for the Helltown Hellcats, you need to:

1. Identify as a cis-woman, trans-woman, non-binary or trans-man, and
2. feel that a league belonging to the Women's Flat Track Derby Association (WFTDA) is better for you than a league belonging to the Men's Roller Derby Association (MRDA).

Which pronoun you prefer and want the club's members to use about you is your own responsibility to communicate.

All active members get access to the facebook group Helltown Aktiv (Helltown Active) where only training and match-related things are discussed.

You are insured through Skridskoförbundet (the Skating Association), but we also recommend supplementing with your own insurance.

Temporary skater

A temporary skater is a guest who trains in the club for a short time. The maximum time is three months, and a training fee is decided by the board. A temporary skater is not a member of Helltown Hellcats Roller Derby Club. Here are some examples of situations with temporary skaters:

- Players who have a membership in another Roller Derby Club and are included in their insurance can guest train 1-2 times free of charge, thereafter SEK 50/training. After three months, the player needs to decide if they want to transfer to our club.
- Players who are not members of another Roller Derby Club but have passed the minimum skills test can guest train 1-2 training sessions free of charge but are responsible for their own insurance.
- Exceptions can be made where the player does not have to pay a fee, for example if the player coaches a training session.

All fees are payed in advance.

Official / Non-Skating Official

To be an official or NSO who wants to participate in our practice and events, you need to be a member of Helltown Hellcats and be at least 16 years old. If you want to participate on skates, you have to pay half the training fee. You participate at practice as much as you can and help the coaches when needed.



Guidelines for practice & venues

- Respect and listen to the coaches
- Respect your teammates by not talking when the coach is explaining an exercise
- Arrive on time and have your gear on before practice begins
- Email if you can't make it to practice at coaching@helltownhellcats.com

- Use all protective gear during the entire practice, if you take something off, take a knee.
- Don't leave the venue in the middle of training or an exercise, without telling the coach.
- We play a contact sport so keep in mind that your clothes, jewelry or nails should not be able to harm anyone else.
- Please let the coaches know if you have any form of disability or illness such as asthma or allergy, which can be a hindrance for you during the team's activities.
- The club takes no responsibility for personal items you leave in changing rooms or inside venues or other locations where we do any activities.
- No nuts are allowed in the venue before, after or during the activities.
- No outdoor shoes may be worn inside our venues. If you bring them in, we ask you to keep them in your bag until you are out of the gym again.
- Be sure to close doors and make sure they are locked when you enter and exit the venue we use.

If you have feedback, wishes or questions regarding the practice or anything else, do not interrupt the ongoing practice. Contact the coaches at coaching@helltownhellcats.com.

Beginner's course

The purpose of the course is to teach our new players the basics to get them ready for our practice. The course includes both practical training and theoretical exercises. The goal is for the course to be completed twice a week for a period of five weeks. However, this may vary between courses. To be able to participate in the course, you must be 16 years old or older.

The course includes:

- About ten training sessions
- Equipment to borrow at all sessions
- Insurance through Skridskoförbundet (the skating association). We recommend supplementing with your own.

To be able to advance to our regular practice, it is required that you have actively participated in at least 7 out of 10 training sessions (or similar percentage attendance) and have acquired your own gear.

As a coach or assistant coach at the beginner's course, you may not initiate any sexual relations with new members of the club. This is so that the members will feel safe and so that the coach will not abuse his position of power. If this happens, the board may dismiss the coach, or the assistant coach and they may no longer be involved in the beginner's course.

Borrowing equipment

The club has a limited supply of equipment that the members can borrow. All our equipment must be stored at Jutan's activity house. The equipment may not be used outdoor. The equipment is used for new admissions, junior activities, try out, etc. If you want to use it for something else, contact the board. If something breaks, this must be reported to the board. Anyone who has broken equipment may be liable for compensation. It is the board that decides whether it is a wear and tear or negligence.

Equipment rental fees and guidelines

Juniors have the opportunity to rent equipment. The prices are as follows:

SEK 1,000 / term, of which SEK 500 is a deposit that is returned when the equipment is returned in good / complete condition.

Skates, knee pads, elbow pads, wrist guards and helmets are included (not mouth guards, but we recommended that you buy one) in the rental cost.

The equipment is returned at the last practice for the term, or when purchasing your own equipment.

The equipment may ONLY be used indoors.

The equipment may NOT be lent to a third person.

If the equipment is not returned, an invoice will be sent for the full price of the equipment.

The club's belongings

If you have received the responsibility for any of the club's property, equipment, coaching bags, etc., it is your responsibility to return this to the club in the same condition in which you received it. The club's belongings may not be left in cars, basements or attic storage due to the risk of theft. If, on the other hand, it is stolen from your home, you do not have to bear the costs. The person who handles property may be liable for compensation if something is damaged. It is the board that decides whether it is a wear and tear or negligence.

Minimum skills & rules

The appointed coach arranges practical and written minimum skills tests. You can make up for failed parts in the test in up to three weeks. The coach decides whether your test score is close enough grant a re-examination or not. An appointed coach can also bring in outside help to assess the test. It is okay to do the written test orally if you prefer.

It is your own responsibility to learn the rules. New members can always ask for help from coaches or other members if there is something you don't understand.

You can find the rules here:

<https://rules.wftda.com>

YOu can find the practical test here:

<https://static.wftda.com/resources/wftda-minimum-skills-requirements.pdf>

During December 2020, WFTDA is developing a new plan that's going to replace minimum skills. We will update our guidelines when this is done.

Playing games

To play a game with the Helltown Hellcats, you must be an active member.

- You must be 18 years old in accordance with WFTDAs rules that Svenska Skridskoförbundet (the Swedish Skating Federation) has chosen to follow. However, this does not apply to junior teams where everyone is under 18 old or in certain exceptions when both teams agree to it. Players under the age of 18 but over the age of 16 can participate if the opposing team approves this.
- You must have passed the practical and written minimum skills test WFTDA provides us with, in our club or another Roller Derby Club. If it is in another club, the coaches want some form of confirmation from that club that you passed the test there.
- You should preferably have at least 75% attendance at practice two months before the game. The team is selected by the coaches in consultation with the team's selected captains. Coaches and captains are basing the team on the players' understanding of the game and experience to bring together a team that is as good as possible and that works and play well together.



Scrim

As scrim is a training match and the form of this may vary, it is the coaches who chooses who is allowed to play.

Guidelines for coaches

As a coach, it is your responsibility to run practice, make sure that we have keys or tags to the venue and that coaching equipment, and first aid kits are in place. The coaches are responsible for finding a replacement if they can't come and run practice a particular time. As a coach, you must also ensure that members follow the club's statutes, values and guidelines at practice. The practice always starts by gathering everyone and welcoming them. The training should always end by gathering everyone and thanking everyone for today.



The different roles of coaches

Head coach

They have the main responsibility for the seniors' training season and the other coaches. The head coach is responsible for training new coaches as well as supporting them at practice and helping them plan sessions. They select the team for games together with the coach and captains. They delegate responsibilities between the different coaches.

Coach

As a coach, it is your responsibility to run practice, make sure you have keys or tags to the venue, that you have the right coaching equipment and first aid kit. They plan and run practice for different levels.

Assistant coach

They help the head coach and coach with drills and exercises at practice. They can run practice planned by head coach or coach.

Junior head coach

They have the main responsibility for the juniors' training season, to plan and run practice and to provide guardians with practice-related information.

Assistant junior coach

They help the junior head coach with drills and exercises at practice. They can run practice planned by the junior head coach.

Coach of the beginner's course

They plan the beginner's course and training sessions. They make a schedule for who will help at the sessions. They are responsible for ensuring that equipment is available at the training sessions and that it is complete. They keep in touch with participants, collect their personal information and inform about payment and the club's values and guidelines.

How to be assigned as coach

Anyone who wants to become a coach in our club should discuss this with the existing coaches or the board. The member must have trained actively, have knowledge of the sport, demonstrate leadership skills and be deemed suitable by the head coach. If the board approves the person who has shown interest, then they will receive a probationary period of 3 months. During this time, they will participate in the coaches' conversations about the practice, write training programs together with the head coach and run sessions that is assigned to them. After these three months, they must decide whether they want to continue coaching. If they want to, the board with the already appointed coaches has an evaluation of whether it has worked out with the new coach. The board can also turn to members and ask how they think it has worked out with the new coach. A decision is then made by the board if the assistant

coach is appointed as a permanent coach, receives an extended probationary period or is denied as a coach.

How to be dismissed as coach

Notify the other coaches and/or the board if you want to quit as a coach. It is desirable that you give some notice in advance if you want to quit as a coach so that the board/head coach has the opportunity to find a replacement. The board and the coach agree on a transition period. However, the board may dismiss coaches with immediate effect.

Longer breaks from derby

If a skater has been away from practice for an extended period, it is up to the coaches to decide whether they can participate in all exercises during practice or possibly retake the beginner's course. This is to minimize the risk of injury to the skater and teammates.

Facebook

Helltown medlem (Helltown members) is for all members of the club, where it is open to discuss everything between heaven and earth. No posts are made here about practice or games. When you no longer choose to pay the membership fee, you will be removed from the group at the turn of the year. You can also choose to remove yourself from the group.

Helltown aktiv (Helltown active) is for the club's active members, who pay the training fee. Only important things are discussed here regarding practice, games and more. In this group, the head coach or coach posts training-related information. It is important that members are aware of what is written here. When you no longer pay the training fee, you will be removed from the group immediately. You can also choose to remove yourself from the group.

Do you have a suggestion?

It's very welcome if you have thoughts, ideas or suggestions that you want to implement in the club! Feel free to join the relevant group to carry out the idea. Via the link below you can see which groups there are.



<https://docs.google.com/document/d/14wBxRXOmV4H7De3leEq7eMaAfDSQ2gz8KCTzzuf-Ssw/edit?usp=sharing>

If the idea involves costs, this must be discussed with the cashier. All activities or events must be approved by the board.

Alcohol, smoking, and drug policy

Helsingborg Roller Derby Club is an alcohol and drug free club. All exposure of Helltown Hellcats must be free from drug and alcohol advertising.

The club does not accept that members drink alcohol during the club's activities such as, matches, team activities or member meetings, etc., or that they show up under the influence of alcohol or drugs to the above-mentioned activities.

In case of suspicion of alcohol or drug problems in any of the members, the following happens:

The matter is brought up to the board as soon as possible so that the board can have an individual conversation with the member. If the member is a minor, contact is also made with the guardian. If the person in question is nevertheless again under the influence during the club's activities, the board will take measures, e.g., that the member is rejected from the activity.

If you use a prescription drug that is prescribed by a doctor, it is your own responsibility to notify the head coach or the board. In games or tournaments, this can be of significance, so it is important that you find out on your own what applies to your particular medicine by going to the links below and see if your medicine is approved during a game or tournament.

www.rf.se/Arbetsrum/SvenskAntidoping/dopinglistanlakemedelssok/Dispens

www.rf.se/Arbetsrum/SvenskAntidoping/dopinglistanlakemedelssok/rod-gronalistan/

Smoking is not permitted within 5 meters of the entrance and exit of our venues and non-smoking members. This also applies to car parks, bus stops and other places where we are together during practice, games and other activities the club organizes.

The board

To be a board member, you must be a member of Helltown Hellcats Roller Derby Club and be at least 16 years old. As a board member, you must attend board meetings, ensure that the statutes, values and guidelines of the club have been followed, perform the tasks you are assigned and work to develop the club and its members. Everything about how the board is appointed can be found in our statutes.

Statutes

Read the clubs statutes. They are available (in Swedish) at <https://idrottonline.se/HelltownHellcatsHelsingborgRollerderbyClub-Skridsko/>
They are also available in our facebook groups.

Values

Helltown Hellcats has developed this set of values with the aim of creating a safe and pleasant environment that is required to practice the sport. We want our members to further the club's community, participation and clean and nice play to the best of their ability. You help and contribute so that the statutes and the values are maintained during the club's official activities, practice and games.

Community: We come to practice as team players, not as single players. We work together to develop together as a team. Through sensitivity, honesty and respect, we take responsibility for each other, and enable each member's voice to be heard. All individuals are welcome just as they are, but it is up to you to inform others about the distinctive features that concern you as a person, so that everyone can respond to you in the best way. Only you know yourself best and how you experience your surroundings.

Respect: Mutual respect prevails in Helltown Hellcats. All members must contribute to a safe and pleasant atmosphere with their teammates. Under no circumstances may any form of discrimination or harassment take place against another member. At Helltown Hellcats Roller Derby Club, we distance ourselves from discrimination because of:

- Ethnicity
- Religion or other belief
- Gender identity or expression
- Sexual orientation
- Age
- Disability
- Appearance or other discriminatory treatment

If you feel that you or a member is being discriminated against/harassed, we urge you to inform the coach (coaching@helltownhellcats.com) or the board (president@helltownhellcats.com) as soon as possible so that they can remedy the situation. Do not bring up issues and conflicts in our Facebook groups or other internet forums. If it is something that affects all members of the club, a board member or coach will communicate this to the members.

Responsibility: It is up to you to inform the team of any preferences, diagnoses, illnesses and/or the like so that the members have an opportunity to understand.

It is never acceptable to excuse insults directed at another member by claiming that it is part of your personality.

You arrive on time for practice and the occasions you do not attend are announced by emailing: coaching@helltownhellcats.com. This is because the coaches plan the practice based on the number of participants.

Which pronoun you want the club's members to use about you is your own responsibility to communicate.

As an adult member, it is important to think about your responsibilities and that you are a role model for the club's underage members.

Conflict management

If you have a conflict with a member, it is recommended to first and foremost address the problem with that member. If this doesn't lead to a solution, contact a board member, coach or independent mediator.

If discussions with those concerned do not lead to improvement, the board will take action. Do not bring up issues and conflicts in our Facebook groups or other internet forums. If there is something that affects all members of the association, a board member or coach will communicate it to the members.

Payments

Payments is made to plusgiro 636865-8.

Membership fee and spring term (VT) is marked with "Medlemsavg+VT-YEAR+YOUR NAME" and is payed before December 31st.

Training fee for the fall term (HT) is marked with "Träningsavgift+HT+YEAR+YOUR NAME" and is payed before June 30th.

Training fee is payed for 6 months in advance.

Contact

The board: contact@helltownhellcats.com

Chairperson of the board: president@helltownhellcats.com

Vice chairperson of the board: vpresident@helltownhellcats.com

Coaches: coaching@helltownhellcats.com

Cashier: cashier@helltownhellcats.com

Merch: merch@helltownhellcats.com

Website: www.helltownhellcats.com

<https://idrottonline.se/HelltownHellcatsHelsingborgRollerderbyClub-Skridsko/>



Remember that everyone who works with the club does so non-profit and does their best. If you think that something is not working well, feel free to come up with suggestions on how we can improve rather than complaining and criticize without solutions.