



Front Rangers,

This is the paperwork packet to join the team for 2017. This year team registration is mostly online, but some forms must still have a paper copy - like the doctor's physical form. Please complete the online registration, including the selection of your cycling kit (jersey & shorts), then bring the completed paper forms to a Front Rangers leader. Feel free to invite a cycling friend to join too!

Membership is by calendar year (January through December). Front Rangers is open to Junior cyclists (generally age 12-18). In 2017 we will again offer cycling programs for Road, Mountain, Track, Cyclocross and indoor winter training. Every team member may participate in any or all of these activities. We encourage you to try them all.

Membership dues are by participation team (colors) - each color representing a level of commitment, participation, desired coaching and goals. Please read the full explanation in the "**Join Us**" section of www.FrontRangers.org

- * Yellow - Beginner / Recreational (\$160)
- * White - Intermediate (\$185)
- * Blue - Advanced (\$205) - by coach invitation.

For 2017, Each member will get a Front Rangers Kit (Jersey & Shorts) from Voler.com

The basic kit is included in the joining price, with a credit at Voler.com. You may upgrade your kit if desired, and pay the difference at Voler.com checkout. Other items and/or upgrades may also be purchased (at additional cost), but are not required. See the "**Join Us**" section of www.FrontRangers.org

- * Feel free to order kits for family as well as for yourself.

All Front Ranger memberships include:

- * Discounts for Bikes, Service, Equipment (and freebies) through team sponsors.
- * Experienced coaching in the various cycling disciplines.
- * Riding, Training and racing opportunities.

You must be a current FRJC member in good standing to share in sponsorship deals.

Parents are always welcome - on rides, activities, to serve on the board, and other help. Please fill the "WAIVER and RELEASE OF LIABILITY" form. **No fee for parents.**

As always, please contact one of the Front Rangers staff with any questions. See you at a Front Rangers event soon.

Front Rangers Juniors Cycling
Colorado Springs



Center of Excellence

Front Rangers Juniors Cycling - 2017 Team Member Information

Rider: _____ Date: _____

Full Name _____

Current Age _____ Age you will be on Dec. 31, 2017 _____

Discipline (circle one or more) Road / Mountain / Track / Cyclocross

Level (circle one) **Yellow** - Casual, Beginner | **White** - Intermediate | **Blue** - by invitation

USAC Cycling License # _____
(See FrontRangers.org >Join Our Team for license requirements)

Medical Insurance Carrier _____ Policy # _____

Registration: 2017 Membership dues: Yellow - \$160 / White - \$185 / Blue - \$205

Kit: Front Rangers Jersey and Shorts must be ordered separately at Voler.com A credit is given on their site for purchase. See FrontRangers.org > Join Our Team for details.

Rider Contact Info:

Street Address: _____

City / Zip Code _____

Home Phone # _____ Cell Phone # _____

E-Mail Address: _____

Is it OK to share contact info with other members of the team? (Yes / No)

Parents / Guardians:

Parent Name (Primary contact): _____

Work Phone # _____ Cell Phone # _____

Parent E-Mail: _____

Parent Name: _____

Work Phone # _____ Cell Phone # _____

Parent E-Mail: _____

Emergency Contact (If parents are unavailable):

Name: _____

Phone # _____

Please tell us one or two things you want from the team this year (write on back if needed).

FRJC - WAIVER and RELEASE OF LIABILITY

- Please Read Before Signing -

In consideration of being allowed to participate in the Front Rangers Juniors Cycling rides, parties, spinning classes, prescribed training, and/or other team functions, events and activities,

I, _____ (Print name of Participant, Adults & Juniors),
the undersigned (and my parents, if I am under 18 years of age), understand, acknowledge and agree:

1. The risk of injury from the activities involved in these programs is significant, including the potential for permanent paralysis and death, and while particular skills, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and,
3. I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual and significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the Front Rangers Juniors Cycling coaches or staff immediately; and,
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS Front Rangers Juniors Cycling, their officers, officials, agents, volunteers and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and leasers of premises used for the activity ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property associated with my presence or participation, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law.
5. I authorize any and all emergency medical attention, procedures or treatment deemed necessary by Front Rangers Juniors Cycling coaches or staff for situations that may arise with my child during any Front Rangers activity - particularly if parents, guardians or emergency contacts cannot be reached. Such attention can include, but is not limited to, emergency first-aid procedures, 911 calls, and/or transport to medical facilities - either by Front Rangers Staff, parents, individuals present, or professional medical personnel as the situation dictates. I agree that Front Rangers Juniors Cycling will have no responsibility for financial implications arising from emergency actions taken.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I GIVE UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Participant Signature (Adult or Junior)

Date

Parent/Guardian Name (if Participant is a minor)

Parent/Guardian Signature

Date

FRJC - INFORMED CONSENT for Physical Exercise

- Multiple Pages. Please Read and Complete 3 Pages Prior to Signing -

General: Front Rangers Juniors Cycling is an organization focused on sport, fitness and citizenship for junior cyclists. Participation will include vigorous physical activity geared toward endurance cycling - to build the cardiorespiratory system (heart and lungs), the musculoskeletal system (muscle endurance, strength, and flexibility), and to improve body composition. Participation will have times of intense physical exertion in both aerobic and anaerobic exercise.

Physical Activity Readiness: The following questions can provide a quick look at the physical readiness of those wishing to participate with Front Rangers Juniors Cycling. This information is confidential. It is intended to make you and the coaching staff aware of: general medical situations; conditions that may limit activity; and those for whom certain physical activity may not be appropriate. For safety's sake, we thank you for complete and accurate information.

Please read the following questions carefully, then check "YES" or "NO" as it applies to you. If "Yes" please explain in the space provided.

- | YES | NO | |
|-----|-----|---|
| ___ | ___ | 1. Has a doctor ever limited your activity due to a heart, lung or other condition? |
| ___ | ___ | 2. Do you have pains in your chest while performing physical activity? or otherwise? |
| ___ | ___ | 3. Do you ever feel faint or have spells of severe dizziness or unconsciousness? |
| ___ | ___ | 4. Has a doctor ever said your blood pressure was too high? |
| ___ | ___ | 5. Has your doctor ever told you that you have a bone or joint problem(s), such as arthritis that has been aggravated by exercise, or might be made worse with exercise? |
| ___ | ___ | 6. Are you <u>NOT</u> accustomed to vigorous exercise? |
| ___ | ___ | 7. Do you suffer from any problems of the lower back, i.e., chronic pain, or numbness? |
| ___ | ___ | 8. Do you have a disability or other physical limitation that would inhibit participation in a vigorous exercise or certain physical activities? |
| ___ | ___ | 9. Are you currently taking any medications (prescription or other)? If YES, please specify. |
| ___ | ___ | 10. Do you currently have a chronic illness or a communicable disease? If YES, Please specify. |
| ___ | ___ | 11. Do you have any allergies (medicine, bees or other stinging insects)? |
| ___ | ___ | 12. Do you, or have you had seizures? |
| ___ | ___ | 13. Have you ever had a head injury? Been knocked out? Or knocked unconscious? When? |
| ___ | ___ | 14. Are you missing or overdue on any standard shots (like tetanus, immunizations, etc.)? |
| ___ | ___ | 15. Is there any other reason, condition, or other health information the coaching staff should be aware of, or that would limit your participation in a vigorous exercise program? |

Please explain "Yes" answers: _____

FRJC - INFORMED CONSENT for Physical Exercise

- Continued from previous page. -

Answering "NO" to the previous questions is a general indication of readiness for aerobic activity, though it is not a guarantee. Please discuss any "Yes" answers with your doctor, and with one of the Front Rangers coaches.

Description of Potential Risks: I understand that there are benefits associated with increased physical exercise, and I also know there is a risk of certain abnormal changes occurring during or following exercise which may include abnormalities of blood pressure, heart rate, ineffective functioning of the heart, and in rare instances heart attack. I understand that bicycling, running, calisthenics, and lifting weights can lead to musculoskeletal strains, pain, and injury, especially if adequate warm-up, gradual progression, and safety procedures are not followed.

In addition to exercise related risks, I understand there are environmental risks (like equipment failure, obstacles or crashes) that can cause health concerns. I understand that staff members may have limited supervision of portions of the activities so it is my responsibility, as a participant, to help ensure equipment is properly maintained and to minimize health and safety risks. I also understand that staff members may or may not be trained in CPR and first aid.

Physician Approval: In following the standards set by sports organizations, including school sports, Front Rangers Juniors Cycling requires a physical exam and physician's approval prior to participating in the Front Rangers cycling activities and programs.

To fill this requirement, we will accept a doctor's signature below, or a copy of any doctor signed sports related physical exam done for school, intramural, BSA, GSA, or other sports related program completed and signed within the past 1 year. (Because of scheduling requirements, we will allow until April 1st, 2016 for completion and submission of the physical.)

Physical Examination and Clearance:

As a physician, I have examined _____ (applicant), and give the following as recommendations for inclusion in vigorous physical activity:

____ Cleared for all cycling and related exercise activities.

____ Cleared for cycling and exercise activities with these limitations (use back if needed):

____ Should NOT participate in vigorous exercise activities.

Physician Signature

Date

Physician's Name and address: _____

FRJC - INFORMED CONSENT for Physical Exercise

- Continued from previous page. -

Acknowledgement of Understanding: I have read the foregoing information and understand it. I understand my/our responsibility to report abnormal symptoms or health concerns to the exercise instructor or Front Rangers staff in a timely manner. All information provided (on this form or in person) will be kept privileged and confidential.

I understand that this program provides no insurance for its participants and I hereby for myself, executors, and administration waive and release any and all rights and claims I may have against patrons of Front Rangers Juniors Cycling, USA Cycling, sponsors, employees, volunteers, members and staff involved in the exercise program for any and all injuries that I may suffer in connection with my participation.

Participant: I understand the above explained risks of participating in a vigorous exercise program. I have had a physical examination and am willing to accept the limitations (if any) as specified. I accept the associated risks of involvement with cycling in general and cycling with the Front Rangers Juniors Cycling programs and activities.

I have read and agree to accept the risks and conditions as stated above.

Participant Name

Participant Signature

Date

Parents / Guardians: I understand the above explained risks of participating in a vigorous exercise program. I accept responsibility and give permission for my child to participate in Front Rangers activities and programs subject to the above limitations (if any) as specified by the physician. Furthermore I accept full responsibility if my child does not adhere to the above limitations. I accept the associated risks of involvement with the Front Rangers Juniors Cycling programs and activities.

Parent/Guardian Name (if Participant is a minor)

Parent/Guardian Signature

Date

FRJC - CODE OF CONDUCT - Member Requirements

Front Rangers Juniors Cycling (FRJC) is an organization to assist and encourage development of junior cyclists in the Pikes Peak region - not only as cyclists, but as ambassadors of the sport and as citizens of our community.

Front Rangers Juniors Cycling is a widely recognized and respected organization - not only in Colorado Springs, but also throughout Colorado and well beyond. It is our duty and privilege to support this great tradition - not just from the past, but for the future as well. As a team member, all are expected to honor and adhere to the following **Code of Conduct**.

Code of Conduct:

1. FRJC membership is a privilege and can be revoked at any time without reimbursement of membership fees if conduct violates this Code of Conduct.
2. All individuals participating with FRJC activities, whether juniors or adults, including athletes, parents, staff, volunteers, and visitors, are expected to conduct themselves according to the provisions in this **Code of Conduct**.
3. Below, "I" designates the individual(s) reading and signing this document.
4. I recognize that this **Code of Conduct** is NOT a complete set of rules to prescribe every aspect of appropriate behavior. I will use my best judgement at all times in my conduct.
5. **I will:**
 - a. I will refrain from conduct detracting from others' ability to attain peak performance;
 - b. I will respect the property of others whether public or private;
 - c. I will respect members of my team, other teams, spectators and officials;
 - d. I will NOT engage in any form of harassment or abuse (verbal, physical or sexual);
 - e. I will not endanger myself or others or act in ways that are generally considered unsafe;
 - f. I will wear appropriate clothing and safety equipment (**helmet, gloves, jacket, eye protection, etc.**) when participating in Front Rangers activities.
 - g. I will follow directions of FRJC coaches and staff - immediately with regard to safety;
 - h. I will follow the rules of my sport, including, by way of example: race & event rules, traffic laws, curfew, required attendance at team meetings, and such other rules as may be in force any time I am representing the FRJC;
 - i. I will remember that I am an ambassador, at all times, for my team, my sport, my family, my country and myself - especially when I'm wearing the FRJC kit.
 - j. I will act in such a way that represents the high moral and ethical character indicative of a Front Ranger - including language, content of my actions, speech, etc..
6. **I have read and agree to live by the Code of Conduct as here stated.**

Participant (Print Name)

Participant Signature

Date

As a parent, I acknowledge the above and will assist my son or daughter to live as promised. In addition, I will live by this same Code of Conduct when participating with Front Rangers activities.

Parent/Guardian (if Participant is a minor)

Parent/Guardian Signature

Date