

5 tips on where and how to start with the new curriculum

Can't train yet because of the pandemic? Not sure what to do with the MSRs gone?

There are still a lot of things you can do right now.

Here are 5 steps we mapped out for you to help you start with the new curriculum AND with getting ready to get back to training/skating.

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Step I: Read through the materials and talk amongst yourselves

- What does the change mean for your league?
- What structures do you have in place (committees, teams, tryouts, selection process, leadership etc.) and what do you want to change?
- Think about what goals you have as a league/team? How do you want to train to get there?
- Support your coaches and trainers in the change process

Read through the new curriculum [This is Roller Derby - Beginner Curriculum](#)

Questions? Make sure to check the [This is Roller Derby FAQ](#)

Not sure what something means? Check the [This is Roller Derby: Glossary](#)

Pro-Tip: Want to watch recordings on first introductory workshops? Sign up for the Collective and the [Skater Education & Training Workspace](#) (English + German currently)

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Step II: Go through your policies

Anti-Racism, Equity and Training are related!

- What kind of policies, codes of conduct, rules, etc. do you have in place?
- What values are important for you?
- How does this influence your training?

Look at your attendance or hardship policy, injury protocols, pronoun usage, etc.

The [WFTDA Code of Conduct Toolkit 2.0](#) can help you in assessing your policies and also provides ideas for workshops and exercises.

Pro-Tip: Check out the [Creating an Inclusive Training Environment](#) guide and see the quick list of recommended policies and documents

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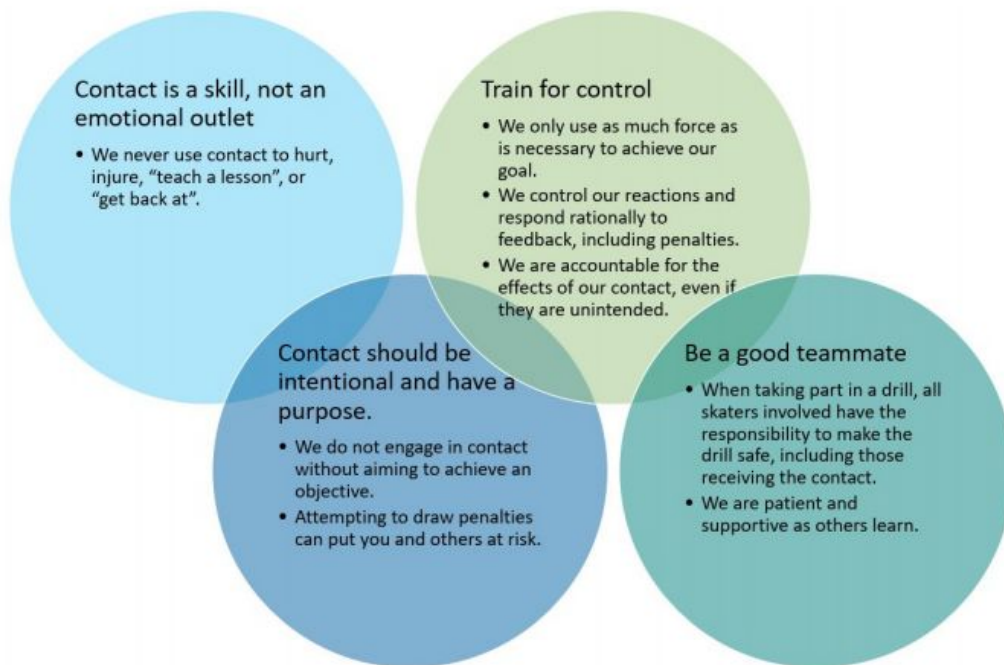
Step III: Make a plan for returning to training and getting back into contact

- Think about how you can you get back into training, skating and contact in your context. How do you want to up the intensity? How much time does it take, how many subgroups do you have etc.?
- Make sure you follow the [WFTDA COVID-19 Guidelines to Return to Roller Derby v3](#) (see the pre-baseline conditions for ideas on outside or indoor skating)
- Check out the [WFTDA Recommendations for Return to Full Contact Skating](#) and the [WFTDA Infection Control Guidance for Leagues](#)

First drills and practice plans

Need ideas? See the [This is Roller Derby: Coaching Resources Library](#)

Read our blog post on [IMPLEMENTING THE NEW WFTDA BEGINNER CURRICULUM FRAMEWORK...AND WHY IT'S A GAME CHANGER](#)



Pro-Tip I: Use the [This is Roller Derby: Introducing Contact and Recovery](#) guide to plan gradually getting back into contact training. Make sure you check out the values and behaviors for players engaging in contact.

Pro-Tip II: If you are getting ready for scrimmage or more contact level drill check out the [Recommendations on Mixed Level Play](#) and all the possible adjustments you could make.

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Step IV: Think about changes long term

- How do you want your league/team to grow? How do you want roller derby to evolve?
- We recommend moving away from Minimum Skill testing to participant development.
- We recommend creating a beginner program that works for you, and support your coaches and training staff in the transition based on the new curriculum.
- We recommend a new language for determining skill levels and identifying appropriate level opponents.

Pro-Tip: Download the Player Development Map on the [WFTDA “This is Roller Derby” Beginner Curriculum](#) library.

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Step V: Share your experiences & resources

The Skating Education Panel will be adding resources to the THIS IS ROLLER DERBY CURRICULUM via community contributions, creation and commission. For example:

- THIS IS ROLLER DERBY additional documentation
- Coaching Resources
- Glossary Development
- Skill Cards

Pro-Tip I: Watch out for our anti-bias in training recommendation. Soon to be released.

Pro-Tip II: Want to join and help us? Get in touch via the [Skater Education & Training](#) community!

Set some goals!

3 months

Enter goals here!

6 months

Enter goals here!

12 months

Enter goals here!

