



## Bonneville-Roy MTB Team Code of Conduct



**FUN** – Ride for fun. Safe is fun – be safe. This is your team – make it awesome!  
**INCLUSIVITY** – Encourage. Invite others to join you. Stay together on the trail.  
**EQUITY** – Be fair. Give it your best effort. Follow the rules. Follow direction. Help others.  
**RESPECT** – Ride with respect – for the trail, for others on the trail, for the team, for yourself.  
**COMMUNITY** – Represent: how you ride, how you talk, how you wear the uniform. Serve.

### Athlete Responsibilities:

- Communicate – tell coaches if you have a problem or concern. Respond to emails and texts, RSVP to practices in TeamApp, minimum two days before the event. This is how coaches know what resources to bring to a practice. If you don't respond, we can't plan for you.
- Coordinate – travel to and from practices and events with an adult, or provide written notice from guardian of travel plans if riding to/from activities. Check sunset time and be prepared.
- Be prepared: **helmet, water, tube, appropriate clothing for the weather, light food, bike that works, and rider certification card are required to ride.**
- Contribute – participate in service projects and team building activities.
- Be positive – give it your best effort and encourage others. Positive attitudes win races.
- Be friendly – swearing (religious, sexual, or crude expletives), trash talk, gossip, and criticism of others are destructive to the team, whether at team activities or not. Don't do it. We're all friends, period.
- Be punctual. Rides need to leave on time in order to complete the plan before dark, and we need to be sure we don't lose anyone on the trail. Check out with your ride and take your card leader before you leave.

*See the NICA Student Athlete Code of Conduct for more.*

**Parent Responsibilities:** All the same responsibilities as the athletes apply. Also:

- Communicate – respond to emails and texts, RSVP to practices in TeamApp, minimum two days before the event. This is how coaches know what resources to bring to a practice. If you don't respond, we can't plan for you.
- Prepare – get kids to events on time, with bikes that work and prepared for the activity with appropriate clothing, nutrition, etc. **helmet, water, tube, appropriate clothing for the weather, light food, bike that works, and rider certification card are required to ride.** Be back to pick up kids at the scheduled end-of-event time
- Volunteer – help out in a supporting role for the team, and volunteer for at least one league race event position. Help your kids have a successful experience – the coaches can't do it all alone.
- Give Feedback – we're trying to make your kid's experience the best it can be. We want to improve. Positive feedback is great. Per league guidelines, please deliver negative feedback to the head coach or team director only so other volunteers aren't discouraged.

*See the NICA Adult Code of Conduct for more.*

**Ride Volunteer/Coach Responsibilities:** All the same responsibilities as the parents apply. Also:

- Be Prepared – First aid kit, phone or radio, gear and water for yourself and 2 others.
- Keep it safe – the top priority is the overall welfare of the rider, not performance on the bike. No "just go for it" pressure. Set an example of safety first and hold riders to the same standard. Know sunset time and don't push it.
- Educate – complete your training for your coaching level, and consider extra training. Every ride is a teaching opportunity – look for teaching opportunities and build up the riders' skills constructively.
- Communicate – listen to players, request feedback, and respect feedback received. Respond to emails and texts, RSVP to practices in TeamApp, minimum two days before the event.
- Be humble - check ego at the door. Practices are for youth training, not coaches' workouts.
- Be responsible – Nobody passes the leader, nobody gets left behind sweep, keep the group together, and release riders to transportation home personally. Ride leaders leave only when last rider leaves.
- Give Feedback – Each practice, report to the ride leader, and ride leader report to the head coach.

*See the NICA Adult Code of Conduct for more.*

### **Enforcement:**

1. 1<sup>st</sup> infraction: verbal warning to the rider\*
2. 2<sup>nd</sup> infraction: written report to parents and to coach\*
3. 3<sup>rd</sup> infraction: 1-week suspension from practices and/or races\*
4. Continued problems will initiate review by coaching board or (administration board for parent volunteer discipline) and possible ejection from the team. No refunds will be given

\* With regards to violations of the Team Code of Conduct, the team Board of Directors may, at its sole discretion, combine or skip steps in the enforcement plan, as the Board deems appropriate to the situation. Second-hand complaints will not be considered for disciplinary action, except that parents may lodge complaints on behalf of their child; this no-second-hand-complaints-action rule is concerning disciplinary action only. Per League rules and State law, reporting is mandatory of any suspected or alleged abuse, whether emotional, physical, or sexual, regardless of the source.