

Placer Foothills Composite Race Team

Team Standards and Code of Conduct

Code of Conduct

PRCRT rules apply to practices, races, individual training rides, and members riding their bikes at all times during their tenure as team members and participants in the leagues of the National Interscholastic Cycling Association (NICA), including the off-season and summertime. While a NICA league's enforcement of the rules is limited to the race season, Team rules apply year round and we encourage coaches and parents to enforce a similar policy of safety, etiquette and trail use during the off-season.

WEARING HELMETS STRICTLY ENFORCED

PFCRT members must wear an approved helmet at all times. Under no circumstances shall members be on their bicycle without a helmet fastened to their head, even when riding a very short distance. Members must also keep their helmet on when walking or running their bike with a mechanical problem.

- Helmet straps must be adjusted to the extent that two finger can be pushed under the strap, whereas three fingers would be difficult.
- Helmets should not have any cracks or dents from previous falls or mishandling of helmet.
- Helmet should be the correct size with little to no side-to-side or front-to-back movement.
- The helmet rule is not enforced when riders are warming up on bikes that are securely mounted to stationary trainers.

Approved Helmets meet one of the following standards:

- (1) American National Standards Institute (ANSI) Standard Z90.4*
- (2) Snell Memorial Foundation Standard "B" or "N" series*
- (3) American Society for Testing and Materials (ASTM) standard F-1447*
- (4) U.S. Consumer Product Safety Commission (CPSC) standard for bicycle helmets*
- (5) European Committee for Standardization (CE EN1078) standard for bicycle helmets*

PRACTICE CONTROLLED RIDING

PFCRT members must practice safe riding techniques and be in control of their bicycles at all times. Riding out of control and/or with excessive speed will not be tolerated. Members that have a reckless attitude or are witnessed taking dangerous risks will not be tolerated. A dangerous risk is defined as willingly attempting anything that is beyond one's ability to control the bike and/or puts someone else in danger.

AVOID RIDING ALONE

If possible, ride with at least one other person. If you plan to ride alone, alert someone to your general location, the route you plan to take and your approximate time of return.

LEGAL MOUNTAIN BIKING TRAILS ONLY

As representatives of a Placer Foothills Composite Race Team and our sport, PFCRT members must ride only on authorized trails. PFCRT members found to be riding on illegal trails at ANY time, whether on team rides or on their own, will face consequences. It is the members' responsibility to know which trails are legal for bikes. Building unauthorized trails or adding unauthorized features (such as berms or jumps) is also unacceptable and carries the same consequences.

OBEY TRAFFIC LAWS

PFCRT members are required by law to obey all traffic laws. Always ride to the right side of the road and in bike lanes if available. Stop at stop signs and red lights. Signal turns. Use required lights and reflectors at dusk/night. Do not ride on sidewalks. Specific laws that pertain to bicyclists in your state can be found at The League of American Bicyclists:

http://www.bikeleague.org/action/bikelaws/state_laws.php

RESPECT DRIVERS, PEDESTRIANS AND OTHER TRAIL USERS

Be respectful and courteous by staying as far to the right as practical and riding single file while riding on roads and trails. Let your fellow trail users know you're coming. A friendly greeting works well; don't startle others. Show your respect when passing by slowing to a walking pace or even stopping. Anticipate other trail users around corners or in blind spots. Yielding means slow down, establish communication, be prepared to stop if necessary and pass safely. Members should be going slowly enough when you can say 'hello' and the hiker can say 'hello' back.

PASSING HORSEBACK RIDERS

When approaching equestrians, call a greeting and stop. Ask for instructions from the equestrian on how to pass safely.

REPRESENT YOUR CLUB AND MOUNTAIN BIKING

Recognize that, as PFCRT members, you represent mountain biking, Placer Foothills Composite Race Team, cross country mountain biking, and cycling in general. This is true at all times, not just at races— particularly when members are at a bike shop, out on the trail, and regardless of whether you are wearing your team jersey, or any other cycling gear.

POSITIVE SPORTING ATTITUDE

PFCRT members are expected to display an excellent sporting attitude during all Team events and should treat all other members, coaches, spectators, and officials with respect. Fair play and respectful, kind, supportive behavior is expected of all PFCRT members.

LEAVE NO TRACE

Be sensitive to the dirt beneath you. Recognize different types of soils and trail construction; practice low impact cycling. Wet and muddy trails are more vulnerable to damage. When the trail bed is soft, consider other riding options. Ride it, don't slide or skid. Ride through mud puddles, not around them widening the trail. This also means staying on existing trails and not creating new ones. Don't cut switchbacks. Be sure to pack out at least as much as you pack in. Never build a new trail, jumps, or other riding features without the written permission of the land managers.

PLAN AHEAD

Know your equipment, your ability, and the area in which you are riding – and prepare accordingly. Be self-sufficient at all times, keep your equipment in good repair, and carry necessary gear for changes in weather, darkness or other conditions. A well-executed trip is a satisfaction to you and not a burden to others. Always wear a helmet and appropriate safety gear.

MUSIC PLAYERS/HEADPHONES

PFCRT members are not allowed to race or ride with headphones or other portable musical devices. Headphones are permitted while riding a stationary trainer.

CELL PHONES

PFCRT members may not answer a cell phone or make cell phone calls while riding their bike. Members must *safely* come to a complete stop **and have both feet on the ground** in order to use their cell phones.

RISK ACCEPTANCE

All members who participate in any of the events associated with PFCRT, including but not limited to races, training rides, clinics, camps and practice skill sessions, do so at their own risk. Whether or not they are registered in PFCRT, no liability shall be attached to PFCRT or PFMBC or any of its officials, coaches, parents, and participants with respect to any loss or injury sustained or caused by anyone participating in these events. By participating in a race or camp conducted by the PFCRT, a member and their parent or legal guardian who permits a minor to compete, acknowledges understanding and acceptance of the regulations covering the event.

RELEASE FORMS

All members must submit their Placer Foothills Composite Race Team registration forms, which include a Registration Form, Accident Waiver, Release of Liability, Medical Treatment Consent and NorCal Agreement to Participate/Release of Liability. The forms must be signed by a legal guardian except in the case of members who are at least 18 years old or older. A parent or legal guardian, who permits a minor to participate in PFCRT events and rides, acknowledges understanding and acceptance of the regulations covering the event and agreement to the terms of their PFCRT's Release forms and those terms shall be binding even when no proper entry form has been signed and submitted for a member.

ACADEMIC STANDARDS

Members are required to maintain minimum academic standards. All grades must be at a C level or above. Members are responsible to provide a current grade report to PFCRT officials on or before Feb. 1st to continue participation. Team members shall provide mid-term and progress grades to coaches to ensure academic standards are maintained. Placer Foothills Composite Race Team is committed to promoting and encouraging education to all its members.

USADA BANNED SUBSTANCES

PFCRT members are subject to all U.S. Anti-Doping Agency (USADA) rules pertaining to anti-doping (a list of banned substances is available at http://www.usantidoping.org/files/active/what/usada_guide.pdf). The use of performance enhancing substances (as listed by USADA) will result in the immediate disqualification from one full season or the equivalent number of races (spanning two seasons).

SUBSTANCE USE

The Placer Foothills Composite Race Team places a high priority on early recognition and treatment of alcohol and/or drug problems. Consequently, any members who requests help (or is referred by others voluntarily) prior to a violation will not be suspended from participation if he/she successfully completes the appropriate in-school educational program or community treatment program.

Tobacco Use:

Members who choose to use tobacco products will remain eligible for participation IF they provide evidence that they have entered a stop-smoking (or chewing) class immediately. They must participate satisfactorily, provide proof to their coach when they have completed the class, and refrain from use in the future. Continued use will result in the consequences laid out below for Alcohol and Drug Use.

Alcohol and Drug Use:

➤ First violation:

- a. After confirmation of the first violation, the member will receive a formal warning.
- b. If the member wishes to continue participation, he/she must continue to attend and participate in regular practice with the Club.
- c. In addition to the above conditions, the members will be encouraged to attend educational group sessions regarding alcohol and drug abuse.

➤ Second violation:

On the confirmation of the second violation, the members will lose eligibility to participate in Club activities for 2 weeks. Attending educational group sessions regarding alcohol and drug abuse will be strongly encouraged prior to continuing participation.

➤ Third and subsequent violations:

On the confirmation of the third violations, the member will be expelled from the Club. Placer Foothills MTB Club is firmly committed to a lifestyle free of substance abuse.

LIST OF OTHER BANNED SUBSTANCES (B-LIST)

Caffeine is an addictive substance that enhances performance. NICA leagues deem caffeinated products as inappropriate for young members. Caffeinated sport products (bars, gels and sport drinks) are banned from NICA league races and activities (including practices). Soda or coffee products containing caffeine are also banned from being consumed by Team members at NICA league races and camps. Creatine, Guaraná Root and Taurine are also substances banned from consumption at NICA league races and camps. Members need to be very careful as many energy drinks contain these substances. Members are responsible for knowing the ingredients of the products they consume. Pleading ignorance will not constitute a defensible position.

ABUSIVE BEHAVIOR NOT TOLERATED

No members may assault (an unlawful attempt, coupled with the present ability, to commit a violent injury on the person of another) or do battery (any willful and unlawful use of force or violence upon the person of another) to anyone connected with any event (including but not limited to members, officials, spectators, public officials, etc.). Verbal Abuse including teasing, taunting, belittling and disrespectful statements by members or parents at rides or Team events will not be tolerated. Unsafe racing practices including swerving, suddenly stopping, willfully crashing into other members, grabbing other members, or pushing other members may be deemed as abusive behavior, or even assault and battery.

SEXUAL HARASSMENT POLICY

Placer Foothills Composite Race Team strictly prohibits sexual harassment in any form, including verbal, physical, and visual harassment. Sexual harassment is defined as unwanted sexual advances, or visual, verbal or physical conduct of a sexual nature. This definition includes many forms of offensive behavior and includes gender-based harassment of a person of the same sex. Sexual harassment includes: unwanted sexual advances, visual conduct: Leering, making sexual gestures, displaying of sexually suggestive objects or pictures, verbal conduct: making or using derogatory comments, epithets, slurs and jokes, verbal sexual advances or propositions, and physical conduct: touching or blocking movements. Any member who believes he or she has been sexually harassed by an employee, agent, or members, should promptly report the facts of the alleged incident(s) and the name of the individual involved to any adult member or Team representative with whom they feel comfortable. That person shall report the incident to the school site administrator or, if the administrator is the alleged harasser, to the Superintendent. The initiation of an allegation of sexual harassment by a member will not adversely affect matters pertaining to his or her status in any league program or activity. If any members, coach, parent, volunteer, or employee feels they have been sexually harassed at a Team event, they should report the incident immediately to their Team coach or director. If any members, coach, parent, volunteer, or employee feels they have been a victim of abuse, assault, or battery at a Team event, they should report the incident immediately to Team officials.

JOINING the CLUB

RIDER CATEGORIES

Membership categories are divided by age and ability:

- **Club Members:** riders of all ages able to ride at least 4-6 miles on dirt trails
- **Composite Race Team:** riders are High School Students

MEMBERSHIP DUES

Composite Race Team Member	\$100/year (due by October 31 st)
Club Member	\$100/year (due upon joining)
Family Membership from the same family	\$150/year (due upon joining)

MEMBERSHIP FORMS REQUIRED

All members must submit their Placer Foothills MTB Club registration forms, which include a Registration Form, Accident Waiver, Release of Liability, Medical Treatment Consent and NorCal Agreement to Participate/Release of Liability. The forms must be signed by a legal guardian except in the case of members who are at least 18 years old or older.

TRIAL MEMBERSHIP

Prospective riders may start as trial members. Waivers are required prior to participating in your first Club ride. We allow participation in two Club rides with the coaches and staff as Trial Members. Full membership will be expected at the start of your third ride.

Parents are highly encouraged to attend events, ride if they like, following the guidelines found within the Parent Code of Conduct. We need active parent involvement for the club to work.

GYM SPACE PRIORITY

Spin Bikes are limited in number. Priority is as follows; Composite Team riders 1st, Coaches 2nd, First come after that. Gym workouts will still be beneficial without a bike.

PARTICIPATION STANDARDS

Expected participation based on rider categories:

Composite Race Team Level: (CRT)

Composite Team Members require active and consistent participation in weekly workouts and trail rides. NorCal and USAC sanctioned races are highly competitive and can be intense. Riders need to be properly prepared both physically and mentally. Minimum standards for CRT Members are 2 workouts plus one training ride per week. More is encouraged; participating solely in either Gym or Rides will not prepare you adequately. Additionally, CRT Members must race in at least 4 NICA races per season.

Fundraising is an important part of our Club. It helps decrease the regular out of pocket costs for everyone and allows the Club to have supplies and equipment for events and races. CRT Members are expected to participate in some fashion in at least three Club fundraisers.

Racer Development Team Level: (RDT)

We expect to see Racer Development Team Members at a ride or training race at least once a week. Rides and upcoming local races will be announced by email weekly and on the website. Riders are required to RSVP to the coach to ensure adequate numbers of ride leaders for safety.

Fundraising is an important part of our Club. It helps decrease the regular out of pocket costs for everyone and allows the Club to have supplies and equipment for events and races. **RDT Members are expected to participate in some fashion in at least three Club fundraisers annually.**

Racing is highly encouraged for RDT Members. Although RDT Members are not yet eligible for NICA races, there are abundant local races to enter requiring minimal travel.

Junior Club Level:

We expect to see members at a ride or race at least once a month. Rides/races will be announced by email and on the website. Riders are required to RSVP to the coach/ride leader to ensure adequate numbers of ride leaders for safety.

Fundraising is an important part of our Club. It helps decrease the regular out of pocket costs for everyone and allows the Club to have supplies and equipment for events and races. Junior Members are expected to participate in some fashion in at least two Club fundraisers annually.

Racing is completely optional for Junior Club members. Encouragement and support will be available at many local races Junior Club members who choose to try racing.

All Team Members are expected to act as role models for the Club.

COMMUNICATION STANDARDS

Communication to Club members will be primarily via email. The Club maintains several distribution lists based on rider categories. The goal is to effectively inform members of upcoming rides and events. Phone and Text may be used at times when the situation dictates. Please share all available contact information with Club officials. Contacts will not be shared without consent.

Communication from Club members is encouraged on a regular basis. **RSVP for Rides** is mandatory. We need to have adequate ride leader coverage and supervision to keep everyone safe and accounted for. It is equally important to make contact in the event you cannot attend after RSVPing as attending. We need to start rides in a timely fashion so all members can plan their days.

Coach Contact Cards will be available as part of the membership packet.

EQUIPMENT STANDARDS

Club members must wear an approved helmet at all times. Under no circumstances shall a member be on their bicycle without a helmet fastened to their head, even when riding a very short distance. Members must also keep their helmet on when walking or running their bike with a mechanical problem.

- Helmet straps must be adjusted to the extent that two fingers can be pushed under the strap, whereas three fingers would be difficult.
- Helmets should not have any cracks or dents from previous falls or mishandling of helmet.
- Helmet should be the correct size with little to no side-to-side or front-to-back movement.
- The helmet rule is not enforced when riders are warming up on bikes that are securely mounted to stationary trainers.

Approved Helmets meet one of the following standards:

- (1) American National Standards Institute (ANSI) Standard Z90.4
- (2) Snell Memorial Foundation Standard "B" or "N" series
- (3) American Society for Testing and Materials (ASTM) standard F-1447
- (4) U.S. Consumer Product Safety Commission (CPSC) standard for bicycle helmets
- (5) European Committee for Standardization (CE EN1078) standard for bicycle helmets

Bicycles must be cross country oriented mountain bikes. Fully functional front and rear brakes, at least 7 working gears and no kickstand are required. No slick tires allowed. Please maintain your bike or see one of our sponsor shops about getting and keeping your bike in good working order.

Riders should have a tube, a pump or inflator carried with them. Please carry any special first aid item you may require (such as bee-sting kit, etc).

Water and snacks of some kind should be carried. The preferred methods are either a hydration pack or a plastic bottle in a cage mounted to the frame.

COACHES CODE OF CONDUCT

COACHES' HELMETS

PFMTBC Club coaches and team assistants are expected to comply with the helmet rule at all races and rides.

DUTY OF CARE

Coaches have a duty of care to their members at every event. This duty of care begins at the time designated by the team for member's arrival. It ends at the very end of the event. The Head Coach, or someone acting as interim head coach, must remain at the venue until the last members from his/her team has departed, except in the case that a member's parent or legal guardian is present.

RACE ATTENDANCE

A Head Coach must attend each race. If the Head Coach cannot attend a race, an interim Head Coach shall be appointed and the NICA league must be notified as to who is serving as interim Head Coach.

POSITIVE SPORTING BEHAVIOR

It is expected that all coaches will display mature and positive behavior during every event. Coaches must serve as role models to all riders, thereby demonstrating fair and calm response in the event of protests, complaints, conflicts, or emergencies. Coaches are expected to be focused not only on winning, but on helping club members develop positive character traits, learn life lessons, and grow into healthy young adults.

COHABITATION RESTRICTIONS

It is expected that all coaches will ensure appropriate lodging or tent arrangements at events requiring travel. When Team or Club members are at overnight events, under no circumstances will males and females share accommodations (hotel rooms or tents). The only exception will be members of the same family. Families may be asked, but not required, at certain events to forego the exception if space is needed to comply with this rule.

PARENT CODE OF CONDUCT

PARENTS' HELMETS

Parents shall comply with the helmet rule at all races and Club rides. Parents riding bicycles without helmets shall be given two warnings. After a third infraction, the parent will be asked not to ride at Club rides for a period of one month. Parents are also expected to wear helmets for the following reasons:

- To set an example for all club riders.
- There are limited emergency services on site.
- PFMTBC is concerned about the safety of all our parents and riders.

HANDLING PROTESTS

Parents must handle protests, complaints, and/or conflicts with a positive and respectful attitude. Please address concerns & complaints directly with Club officials. Primary point of contact for protests is the Head Coach of Operations.

POSITIVE SPORTING BEHAVIOR

It is expected that all parents will display a mature and positive sporting attitude during every event.

What parents can do to encourage positive sporting behavior:

- Keep your comments positive. Don't bad-mouth coaches, members, or officials. If you have a serious concern, discuss it privately with your child's coach or Club official.
- Be aware that most riders are very serious & focused during rides, adult sarcasm or innuendo is not appropriate at club rides, please refrain from using them.
- Commend good effort and performance, no matter who it comes from.
- Remember that you are the parent, not the coach (unless you are both). Shout encouragement, not directions, from the sidelines.
- Set a good example with your courteous behavior towards the parents, coaches, and riders from other teams and clubs.
- Look for examples of good sporting behavior in professional athletes and point them out to your child. Talk about the bad examples, too, and why they upset you.
- Emphasize values like teamwork, responsibility, and discipline. Winning comes and goes, but values should be ever-present.

Acknowledgment Page

Please print and sign the acknowledgment page and return it to Club officials.

One page can be used per family. We distribute the Code of Conduct electronically as the primary form, feel free to print the full document or ask for a printed copy from the Club

Rider: _____ Date: _____

Printed Name: _____

Parent: _____ Date: _____

Printed Name: _____

Parent: _____ Date: _____

Printed Name: _____

By signing, all of the above acknowledge and agree to follow the standards and expectations put forth in the Code of Conduct