

# Placer Foothills Mountain Bike Club Team Standards and Code of Conduct

PFMTBC rules apply to all active members and family members during all rides, races, club events, clinics, group, and individual training. These rules are in addition to the NICA rulebook. Club rules apply year-round and we expect parents and coaches to enforce these policies of safety, etiquette and common sense.

## WEARING HELMETS STRICTLY ENFORCED

PFMTBC members must always wear an approved helmet. Under no circumstances shall members be on their bicycles with without a helmet fastened to their head. Riders must also keep their helmets on and fastened while pushing their bikes with a mechanical problem.

- ☒ Helmet straps must be adjusted to the extent that two fingers can be placed in between the strap and the chin but three fingers would be difficult.
- ☒ Helmets can't have any cracks or dents from previous falls or mishandling of the helmet.
- ☒ Helmets must be the correct size with little to no side to side or front to back movement.
- ☒ The helmet rule is not in effect when riding a bike attached to a stationary trainer.

Approved helmets must meet one of the following standards:

1. American National Standards Institute (ANSI) Standard 790
2. Snell Memorial Foundation Standard B or N series.
3. American Society for Testing and Materials (ASTM) standard F-1447
4. US Consumer Product Safety Commission (CPSC) standard for bike helmets.
5. European Committee for Standardization standard for bike helmets.

## PRACTICE CONTROLLED RIDING

PFMTBC members must practice safe riding techniques and be in control of their bicycles. 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, puts another rider at risk or is otherwise against the rules. Wheelies, stoppies, etc are considered a dangerous risk and are NEVER allowed in the parking lots or in groups of riders. Common sense riding is expected.

## AVOID RIDING ALONE

While on team rides, riders will not be allowed to ride alone on a trail separate from the group. If you plan to ride alone on your own time, alert someone to your general location, start and expected finished time.

### LEGAL MOUNTAIN BIKING TRAILS ONLY

As a representative of PFMTBC and the mountain bike community. You are expected to stay on legal mountain bike trails. Any member found to be purposely riding on illegal trails will face consequences. It is the members responsibility to know what trails are open and legal to ride. It is also illegal to build berms and jumps on public trails. Riders must stay on the route and trails selected by coaching staff for the day's ride. Deliberately taking a different trail and getting separated from the group will result in the rider being returned to the parking lot, ending their training with the team for the day.

### RESPECT DRIVERS, PEDESTRIANS, AND OTHER TRAIL USERS

Be respectful and courteous by staying to the far right as practical and riding single file on trails and roads. Let your fellow trail users know that you're approaching with a friendly greeting and a bell attached to your bike if you have one. Don't skid or yell. Slow down to a walking pace or even stopping when meeting other riders/hikers on the trail. Yield to uphill traffic. Anticipate other trail users around corners or in blind spots. Yielding means slowing down, establish communication, be prepared to stop if necessary and pass safely. Slow means able to say hello and have enough time for the other trail user to say hello back BEFORE passing. PFMTBC members are required to obey all traffic laws. Always ride to the right side of the road and in bike lanes if available. Stop at all stop signs and stop lights. Use required light and reflectors at night rides.

### PASSING HORSEBACK RIDERS

Equestrians have the right of way on the trail. Period. When you see an equestrian:

- Stop and extend a friendly greeting and stop.
- Ask the equestrian how they would like to proceed
- Do as they instruct.

### REPRESENT YOUR CLUB AND MOUNTAIN BIKE COMMUNITY

Recognize that as PFMTBC members, you represent not only yourself but your club, our sponsors and the mountain bike community. This isn't only true on the trails but also in bike shops, at your school, etc.

### POSITIVE SPORTING ATTITUDE

PFMTBC members are expected to display an excellent sporting attitude during all practices and races and should treat all members, coaches, parents and spectators with respect. Kind, supportive behavior is expected, so any bullying, teasing, tormenting, or negative behavior toward a rider, parent, coach will not be tolerated

### PLAN AHEAD

It is your responsibility to bring everything you will need for your ride. We publish the rides well in advance, so you have ample time to gather your supplies - sufficient food, water, tools, tube, etc. It is not the coaches' job to carry your extra layers or supplies. Personal responsibility is one of the lessons we practice.

### LEAVE NO TRACE

Be sensitive to the earth beneath you. Recognize different trail conditions and soils. Practice low impact cycling. Wet and muddy trails are more vulnerable to trail damage. When the trail bed is soft, consider other riding locations or options. Ride it, don't slide it or skid. Ride through puddles, not around them widening the trail. This also means staying on the current trail, not creating new ones. Don't cut switchbacks. Be sure you pack it in and pack at least the same out. Never create a new trail, jumps or other riding features without the written permission of the landowner.

### DEVICES

Do not answer your cell phone while riding. Come to a complete stop with both feet on the ground before answering your phone. Also, earbuds or any type of headphones are never allowed on our rides.

### ACADEMIC STANDARDS

Members are required to maintain academic standards of 2.0 or better. Members are responsible for communicating with their coach if they are having difficulties maintaining that standard. Students are to turn in grades to their coach by the deadline for that year and submit their progress reports for the 2nd semester. PFMTBC is committed to helping riders achieve success on and off the bike.

### BANNED SUBSTANCE

PFMTBC places a high value on racing clean and fair. We have a zero tolerance for any banned substance abuse. Our members are subject to USADA rules pertaining to anti-doping.

- Caffeine - caffeine has been deemed a banned substance by NICA because it is an addictive substance which can enhance performance. There are many caffeinated sports bars, gels, chews, drink mixes and beverages. It is the rider's responsibility to know whether their products have caffeine. Ignorance is not a viable defense. Creatine, Guarana Tea, and Taurine are also banned by NICA.
- Tobacco – Tobacco use is prohibited. Using any tobacco products will result in immediately notification to the board of directors.
- Alcohol – PFMTBC will not tolerate any use of alcohol by student riders. Any violation of this rule will be immediately referred to the board of directors for disciplinary action.
- Performance enhancing drugs – The use of performance enhancing drugs (as listed by USADA) will result in the immediate disqualification for the remainder of the season or 3 races the following year.

## ABUSIVE BEHAVIOR

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. Verbal abuse including teasing, taunting, belittling, and disrespectful statements by members or family members, coaches or rider leaders will also not be tolerated. Unsafe riding practices including swerving, suddenly stopping, willfully crashing into others, grabbing other members or pushing other members may be deemed as abusive behavior or even assault and battery.

## SEXUAL HARASSMENT POLICY

PFMTBC strictly prohibits any and all forms of sexual harassment 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 but is not limited to: unwanted sexual advances, visual conduct, leering, making sexual gestures, displaying of sexually suggestive objects or photos, verbal conduct such as epithets, slurs or jokes, propositions, or physical contact such as touching or blocking movements.

Any member, coach or ride leader who feels that they may be a victim of sexual harassment should report to a team director or other board member who they feel comfortable with without any fear of change of status in membership.

## CONCUSSION AND INJURY POLICY

If an athlete, coach or ride leader suffers from a concussion, they may not participate in any club activities such as rides, core classes or spin gym until they have a written release from their treating physician to return to mountain biking specifically. Any injury requiring stitches, cast, surgery, etc must be cleared by a physician as well.

## RISK ACCEPTANCE

All members who participate in any events with PFMTBC, including but not limited to, races, rides, spin gym, core workouts, skills clinics, camps, etc., do so at their own risk. By signing this Code of Conduct, whether registered or not with PFMTBC, participants and parents acknowledge that no liability can be attached to PFMTBC, or any board member, team director, coach, ride leader, or volunteer, with respect to loss or injury due to participation in club activities.

Rider's initials \_\_\_\_\_

Parent's initials \_\_\_\_\_

## RELEASE FORMS

All members must submit their registration forms and membership dues by the second ride. No rider may participate in any club activity without a fully executed waiver on file. All registration forms can be found on the club website. The forms must be signed by both the student rider and a legal guardian who is at least 18 years or older. A parent or legal guardian who permits a minor to participate in PFMTBC activities acknowledges understanding and acceptance of the regulations governing the said activity. These documents will be binding even if an additional entry or release form has been signed for outside activities.

Student's initials \_\_\_\_\_ Parent's initials \_\_\_\_\_

## JOINING THE CLUB

We have a few types of membership:

High School NICA Race Team: Riders are joining in order to train and race in the Norcal NICA league. Training begins in October with the race season running from February-May.

Middle School Rider Development Team: PFMTBC offers a middle school program which rides from October to May with emphasis on skill and endurance building with optional race opportunities.

Adventure Club High School Rider: Our mission statement is to grow the sport of mountain biking. To that end, we offer a club rider membership for riders who want to develop their skills, endurance, ride different types of terrain and work towards optional race opportunities.

Trial membership – Riders may attend one ride prior to payment ONLY with a completed waiver brought to the first ride.

## MEMBERSHIP FORMS REQUIRED

All forms needed to join the club can be found at the website which includes the registration form, emergency contact sheet, medical treatment consent form, liability waiver and code of conduct plus any season specific forms. All forms must be signed by both the rider and their legal guardian over the age of 18.

## VOLUNTEER COMMITMENT

We are an organization built with volunteers. Please recognize that your help is expected at the following events: All NICA races will require help with the club plus fulfilling a volunteer spot with NICA. Tour de Placer is our annual fundraiser, and we expect every family to volunteer at a post AND bring a food item. We will need help at training rides, all levels, to ensure we have safe ratios of coaches: riders.

Rider \_\_\_\_\_ Parent \_\_\_\_\_

## GYM SPACE PRIORITY

The order of priority for space at core and spin workouts is race team members, coaches/ride leaders, club riders, then parents.

## PARTICIPATION STANDARDS

Expected participation based on rider categories:

High School Race Team Level:

HS Race 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 HS are 75% of the weekly scheduled practices unless previously approved by your coach and team director.

Additionally, race team 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.

Race Team Members are expected to participate in at least three Club fundraisers.

Adventure Club Riders:

Although the focus of the HS Adventure club is to grow skills, gain endurance, and experience new trails and challenges, there is a participation expectation of at least once a week. Again, 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.

Adventure Club Members are expected to participate in at least three Club fundraisers.

Middle School Level:

The Middle School program is a mix of riders, but the focus is on growing as riders, building friendships with other riders in their communities. The rides are planned to be challenging and fun, with optional race training for those who want to. Middle School riders are expected to participate in at least three club fundraisers.

## COMMUNICATION STANDARDS

Communication to Club members will be primarily via email and Team Snap. 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.

Communication from Club members is encouraged on a regular basis. RSVP for all practices/races 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.

## EQUIPMENT STANDARDS

- Riders must always wear an approved helmet. Under no circumstances shall a member be on their bicycle without a helmet fastened to their head, even when riding a short distance. Members must also keep their helmet on when walking or running their bike with a mechanical problem. Helmet requirements are listed on page one of this document.
- Bicycles must be mechanically sound 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 carry a tube, a pump or inflator carried with them. Please carry any special first aids 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.

### **COACH CERTIFICATION**

All ride leaders and coaches must complete at least the NICA certification level one to participate.

### **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 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 are 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 Team Director

### POSITIVE SPORTING BEHAVIOR

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

What parents can do to encourage positive sporting behavior:

- Keep your comments positive. Do not 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 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 the above acknowledge and agree to follow the standards and expectations put forth in the Code of Conduct