CORNER CANYOn HIGH - MOUNTAIN BIKE TEAM RULES

1. **Represent our School and Sport –** You represent high school mountain bike racing, the Utah NICA league, cross-country mountain biking, and cycling in general. This is true when student-athletes are, out on the trail, at school, at a bike shop, and regardless of whether you are wearing your team shirt or jersey or any other cycling gear.
2. **Display a Positive Sporting Attitude -** NICA student-athletes are expected to display an excellent sporting attitude during all NICA league events and should treat teammates and all other student-athletes, coaches, spectators, and officials with fair play and respect. Being sensitive to how others perceive you will assure a positive image for our school and sport.
3. **Wear a helmet -** Under no circumstances should a student be on their bike without a fastened helmet. CCHS Team members will set the example for following this rule.
4. **Stay in Control -** High School Mountain Biking is not an extreme sport. Our riding and racing is fun and fast, but must be within the limits of the athlete. Coaches will focus on teaching safety and skills. Athletes that willingly attempt to take risks beyond their ability will not be tolerated. Safe speeds are relative to terrain and experience level. You must always be able to stop safely within the distance that you can see ahead. Approach switchbacks and turns in anticipation of someone coming around the bend.
5. **Respect the Trail and other Users -** Ride only on authorized trails. Riding off-trail damages ecosystems and violates our community trail rules. Never ride on muddy trails. Do not frighten animals. Pass with Care and let others know of your presence well in advance. Do Not Litter. Pedestrians with pets on leashes have the right of way. Be especially careful when passing a horse. Sometimes it may necessary to dismount get off the trail to allow others to pass.
6. **Eligibility and Grades –** The CCHS mountain bike team is open to all registered and active students with a current grade point average of 2.5 or higher. Qualification for the team will be based on the honor system of students and parents upholding these standards. If a student’s grades for the most recent semester are below 2.5, the student will not be allowed to participate unless a specific allowance and waiver is approved by the parent/guardian and coach.
7. **Attendance** – Each team member is expected to fully participate in practices, training, service projects, and enrolling the support of volunteers for races. Exceptions should be approved in advance and will be considered by the coach on a case-by-case basis primarily for educational or other school based conflicts.
8. **Riding with the Group** – Coaches and volunteer rider leaders will structure practice into groups to accommodate and help riders of all levels to develop. It is critical that riders give their best effort each practice and finish each practice ride with their group. If a rider voluntarily quits a practice ride without mechanical problem or specific illness more than once, the rider will need to bring a parent or other volunteer with them to be allowed to participate in the next practice.

1. **Bicycles and Maintenance** – Team members will be expected to keep equipment in good repair. Come to practice and races with a functioning bicycle. Bike problems such as flats are a normal part of riding and coaches will be teaching basic bike maintenance skills throughout the season. Riders will be expected to learn and perform on-trail repairs.

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Rider Date Parent/Guarding Date