

2016 CORNER CANYON HIGH SCHOOL - MOUNTAIN BIKE TEAM RULES

- 1. Sportsmanship** – You represent our school and cycling in general. Display sportsmanship during all activities. Treat teammates, coaches, spectators, and officials with fair play and respect. Large groups of student-athletes on the trail can be imposing to other users. Being considerate of others will assure a unified team. Bullying and cliques are not our standard.
- 2. Helmets** – Helmets are required at all times when riding. Under no circumstances will a student be on their bike without a fastened helmet. CCHS team members will set the example for following this rule.
- 3. Safety** - High School Mountain Biking is not an extreme sport. Practices and racing are fun and fast, but must be within the limits of the athlete. Coaches will focus on teaching safety and skills. Taking risks beyond your ability will not be tolerated. Safe speeds are relative to terrain and experience level. You must be able to stop safely within the distance that you can see ahead.
- 4. Respect** - Ride only on authorized trails. Never ride on muddy trails. Pass with care and let others know of your presence well in advance. Pedestrians with pets on leashes have the right of way. Be especially careful when passing a horse. Sometimes it may necessary to dismount and get off the trail to allow others to pass. Headphones are not allowed.
- 5. Eligibility & Grades** – The CCHS mountain bike team is open to all registered and active CCHS students with a current grade point average of 2.8 or higher for the most recent semester. I understand that my riders' grades will be checked at regular intervals during the season. Team members whose grades fall below 2.8 will not be allowed to participate in races.
- 6. Attendance & Participation**– Each member is expected to be **on time and participate in practices**. Leaving practice early will count as an absence. The following are our specific attendance rules: **Early Practice Season (through July 1st)** - Riders are expected to participate in all mandatory skills trainings. All riders must pass of basic maintenance skills before being allowed to train with the team. Riders must attend 3/5 practices held in this time frame. **Race Season (July 1st through the last race)** –Absences are discouraged and should be limited to primarily educational or other school based conflicts. Riders will be allowed 3 absences from 8/1-first race. Riders will be allowed no more than 1 absence between races to be eligible to race in the next race.
- 7. Service & Volunteering** – Each member is expected to fully participate in 2 trail or community service projects. All riders are expected to enroll family and friends as volunteers for race day or other support. Our team is dependent on volunteers.
- 8. Practice Groups** – We practice in training groups to accommodate and help riders of all levels to develop. It is expected that all riders stay in their assigned group and give a best effort within your assigned ride group at each practice. **Failure to stay in your assigned group will be considered an absence**. If a rider voluntarily quits a practice ride without advance notice, mechanical problem or specific illness more than once, the rider will need to bring a parent or other volunteer to ride with them to be allowed to participate in the next practice.

9. Bicycles & Maintenance – Riders are expected to come to practice and races with a functioning and properly maintained bicycle. Bike problems on the trail 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 pass off basic on-trail repairs before training with the team.** Riders are responsible for the condition and safety of their own bicycles. Loaner bike scholarships may be available for riders based on need.

10. Injuries, Illnesses, Medical Conditions – Any condition that would affect your ability to safely ride a bicycle must be reported. It is parents' responsibility to report any conditions or injuries to the coach.

Please describe any medical conditions that the coaches need to know about.

An injury may require medical release as determined by the coach. Any reported possible concussions will require medical release before returning to practice