

Welcome to the NICA community! As a representative of the community, student-athletes and parents/caregivers agree to follow this code of conduct to maintain a culture of safety, responsibility and respect.

Parents and guardians are asked to review and agree to the code of conduct with their children during the registration process.

<p>Be Safe</p>	<ul style="list-style-type: none"> ● Always wear a helmet ● Be prepared with additional safety gear: gloves, glasses, and extra clothes to match the weather ● Be prepared with a working bike and perform an ABCDE bike check (Air, Brakes, Chain, Derailleur, Everything Else) ● Ride within your limits ● Ride with someone else in isolated areas ● Never use any performance enhancing drug described in the NICA Handbook: https://www.nationalmtb.org/blog/wp-content/uploads/NICA-Handbook.pdf ● Plan ahead and let your family or caregivers know where you are going and when you plan to return ● Avoid contact with wildlife ● Understand the dangers of the native plants and avoid poisonous plants, stay on the trail
<p>Be Responsible</p>	<ul style="list-style-type: none"> ● Be prepared with the water, food, and clothing that you need to complete the ride ● Come to practice with a clean and well-maintained bike ● Be accountable for your actions and choices ● Never consume alcohol or use any illegal drugs ● Ride only on designated and legal trails and routes ● Follow additional rules that may be associated with team's school or league affiliations
<p>Be Respectful</p>	<ul style="list-style-type: none"> ● Respect coaches, teammates, competitors, trail users and other community members <ul style="list-style-type: none"> ○ Treat everyone with dignity and respect ○ Avoid language and actions that may be perceived as bullying or harassment. ○ Be inclusive and welcoming to new athletes, coaches, competitors, and other trail users ○ Use appropriate language ● Move aside to allow others to pass you safely. ● Announce your passing, intention, and specify the passing side. ● Do your best when racing or riding your bike. ● Ride with courtesy at races, at practice, and in the community.

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| | <ul style="list-style-type: none">● Seek consent before touching, hugging and otherwise embracing teammates and coaches.● Slow down when approaching other trail users● Provide right of way to pedestrians and equestrians and stop and ask for passing instructions from equestrians.● Leave no trace or trash on the trail.● Ride on trails when the weather and surface conditions will not cause damage.● Perform trail maintenance on trails only with full permission and permits from the land owner/manager. |
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I acknowledge I will review this code of conduct with my Student-Athlete and they will follow the NICA Rules and Guidelines as additionally described in the NICA handbook. I also understand that failure to do so may lead to his or her suspension or expulsion from national and/or state league activities.