

Adams County Composite Mountain Bike Team

Student/Parent Code of Conduct Rules

Rider safety:

- Helmets **must always be on and fastened** when your body is over your bike.
- Wheels on the ground at all times. No wheelies at practice.
- It is your responsibility to carry any medications with you in your hydration pack.
- If you are not feeling well or crash, stop riding and inform your coach immediately.
- Adhere to all COVID-19 regulations as mandated by NICA, PICL, and state/local health officials.

Student Athlete Code of Conduct:

- I will show respect for coaches/teammates/volunteers/competitors/race officials.
- If I have any issues with a teammate or a coach, I will speak with the Team Director or Head Coach in private with another coach present. Coaches will follow up with the Parent/Guardian.
- Examples resulting in disciplinary actions: Inappropriate language or gestures, cursing, disruptive behavior, arguing, intentionally not following coaches directions, bullying, harassment, physical altercations.

Student Discipline steps

- Verbal warning: Student timeout. Discipline may include physical exercise (Plank/Push Ups, etc). Coach to document the incident and communicate the issue to the parent.
- Multiple issues: Students may be asked to sit out from events and may face team dismissal.
- **We have a zero-tolerance policy for bullying, harassment, or physical altercations.** Any infractions will lead to immediate dismissal from the event and may face team dismissal.

Parent Code of Conduct:

- I will show respect for coaches & parents who volunteer their time/efforts for my student athlete.
- I will notify coaches of medications needs and ensure my child has required medicine (Inhalers, EpiPens, etc) in their bike packs at all team events.
- If I have an issue, I will address them with the Team Director or Head Coach privately.
- If my actions towards any student athlete, coaches, and families are unreasonable and/or threatening, I will be reported by the Team Director to PICL officials. I may risk my student being removed from the team and I will not receive refunds for any NICA dues paid.

Agreement

I have read and understand the ACCMTB team rules and guidelines and I, the student athlete and parent/guardian, will abide by the rules and discipline steps.

Student Signature

Printed Name

Date

Parent Signature

Printed Name

Date