

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

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|  | <ul style="list-style-type: none"><li>● Seek consent before touching, hugging and otherwise embracing teammates and coaches.</li><li>● Slow down when approaching other trail users</li><li>● Provide right of way to pedestrians and equestrians and stop and ask for passing instructions from equestrians.</li><li>● Leave no trace or trash on the trail.</li><li>● Ride on trails when the weather and surface conditions will not cause damage.</li><li>● Perform trail maintenance on trails only with full permission and permits from the land owner/manager.</li></ul> |
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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.