



## Downingtown MTB Team Student and Parent Contract

The Downingtown MTB Team exists to expose as many student athletes to mountain biking as possible, in a fun, low-pressure environment. In order to maintain that environment, and to manage the inherent risk that comes with mountain biking, we need cooperation from the parents and student athletes. Below are expectations for student athletes and parents during the course of the season.

**Please read and sign this document as well as the *NICA Trail Etiquette and Code of Conduct* document (link found in #2 below) and return to the Head Coach or Team Director by the first team practice:**

1. While dropping off their student athlete at practice, group rides or at race location, Parents shall remain until at least two coaches are present and the student has signed in. This is essential for maintaining the safety of our student athletes and is consistent with the safe environment requirements demanded of our adult volunteers.

Likewise, student athletes must remain at practices until the coach declares practice to be over and the student signs out. At least two coaches will remain until all the students have been picked up.

2. To ensure the most positive possible experience for all of our riders, each student athlete is required to read, print, sign and return to Coaching staff and abide by the NICA (our governing body) Code of Conduct located here:  
<http://www.nationalmtb.org/blog/wp-content/uploads/NICA-Code-of-Conduct.pdf>.

Failure to adhere to the Code of Conduct will result in:

- First, a discussion of the infraction between a coach and the student athlete,
  - Second, a discussion of the infraction between a coach and the student athlete's parents,
  - Third, the suspension or expulsion of the student athlete from team activities for a set period of time, or permanently.
3. Practice and race attendance - Obviously, we want our student athletes to progress technically as mountain bikers, and practice helps achieve that goal. But a big part of the NICA experience is also the camaraderie that comes from being a part of the team. To these ends, we ask that all student athletes attend as many practices as possible. In addition, all efforts should be made to be present for the entire day on race days. It's a huge boost to our student athletes to be cheered on by their teammates - especially the last rider to cross the finish line!



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4. Parents should make every attempt to find ways to participate within the team. We have an extremely dedicated coaching staff, but it takes more to keep the team running smoothly than the coaches can manage on their own.
  - a. There are never too many coaches. NICA mandates minimum rider-to-coach ratios during all practices and group rides. If we don't have enough coaches, we will be forced to combine groups of different abilities or cancel practice.
  - b. Minimally, you must become a certified Level 1 coach before joining the team on rides. Becoming a Level 1 coach does not require you to be an experienced rider, and certification can be done easily online. There are student athletes of all abilities, and we can use coaches of all abilities as well.
  - c. If riding doesn't interest you, there are many ways to get involved off the bike. See a coach if you'd like to know more about how to help behind the scenes.
  
5. Good bike maintenance is crucial for rider safety and performance. Coming to practice with a poorly-maintained bike first and foremost risks the rider's safety, and also takes time away from practice for the entire team while repairs and adjustments are made. For your rider's safety and respect for the time of the rest of the team, please make sure that your bike is well-maintained before coming to practice. If you're uncomfortable with doing your own bike maintenance, the team will hold periodic bike maintenance clinics and the coaches are always willing to teach some basic maintenance skills. For more technical needs, our sponsoring local bike shops generously offer team discounts on tune-ups.

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Student Name

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Student Signature

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Date

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Parent Name

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Parent Signature

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Date