



2020 CORNER CANYON HIGH SCHOOL MOUNTAIN BIKE TEAM RULES

Many opportunities are provided for students to develop their talents while representing CCHS and Canyons School District in competitive activities. These opportunities are provided at the discretion of the school and the district and participation is a privilege for students. Student athletes represent their school and fellow students and must be positive examples. This agreement has been designed so that the student and his/her parent(s) will be fully informed and aware of their individual responsibilities. If a student or parent/guardian refuses to accept and adhere to these policies and expectations as listed, the student's privilege to participate in this activity will not be granted.

RIDER/PARENT EXPECTATIONS

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/cliques or hazing other students or acting in a superior way to others will not be tolerated by our student athletes.
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. All pedestrians and equestrians have the right of way. Be especially careful when passing a horse. Sometimes it may be necessary to dismount and get off the trail to allow others to pass. Profanity will not be tolerated. **Headphones are not allowed.**
5. **Eligibility & Grades** – The CCHS mountain bike team is open to all registered and active CCHS students. Riders must meet a minimum 3.0 GPA in the preceding 3rd and 4th quarter of the current school year to participate. There is no probation.
6. **Possession of drugs, alcohol, vaping, banned substances** – Whether in or out of an activity season, the participation in illegal activities will render a rider ineligible to continue on this team. If found in possession of or participating in such activities, riders will immediately be removed from the team.
7. **Attendance & Participation** – Each member is expected to be **on time and participate** in practices. Riders are expected to attend practice for at least 90 minutes. The following are our specific attendance rules throughout our season:
 - Riders who are participating on developmental teams in the spring are still expected to attend CCHS practices. We are happy to communicate with your coach to assist in aligning our training plans to maximize use of training time.



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- **Early Practice Season (Late-May through Aug 17)** – Riders should attend all practices held in this time frame. Riders must meet a minimum of 21/29 practices during this time
 - **Race Season (Aug 17 through last race)** – Riders who routinely miss practices, who arrive late and/or leave early will be suspended or removed from the team at the coach's discretion. Exceptions to this policy will only be considered by petition from the student and a parent/guardian to the head coach and should be limited to extenuating circumstances such as illness or injury.
8. **Service & Volunteering** – Each member is expected to fully participate in two (2) trail or community service projects. All rider parents/guardians are expected to serve as volunteers for race day or other support. Our team is dependent on volunteers.
 9. **Practice Groups** – We practice in training groups to accommodate and help riders of all levels to develop and to control our presence on the trails. 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 a specific illness repeatedly, the rider will need to bring a parent or other volunteer to ride with them to be allowed to participate.
 10. **Bicycles & Maintenance** – Riders are expected to come to practices and races with a functioning and properly maintained bicycle. Riders are responsible for the condition and safety of their own bicycles. Riders are required to have basic field maintenance items on hand to fix a flat. Riders who get a flat and do not have the items to repair it will be asked to call a parent to pick them up. **It is not a ride leader's responsibility to fix a rider's flat with their materials.**
 11. **Injuries, Illnesses, Medical Conditions** – Any condition that would affect your ability to safely ride a bicycle **must be reported.** It is parent's responsibility to report any conditions or injuries to the coach. Any reported possible concussions will require medical release before returning to practice.

COMMUNICATION & EXPECTATIONS for PARENTS/RIDERS

1. Support your student athlete's efforts to success and support the team.
2. Work to promote a positive environment that is conducive to the development of your student athlete as it relates to the team.
3. Treat all coaches and volunteers with courtesy and respect.
4. Assure your student athlete will attend all scheduled practices and races.
5. Promote and model mature adult and sportsmanlike behavior at all events.



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COMMUNICATION PLAN

1. Riders and Parents should address all concerns through the riders assigned coach contact.
2. Cell phone communication should be limited to reporting injury, emergency or illness. All other issues should be addressed via email or a meeting by appointment.
3. Please encourage your rider to address concerns with the coaches re: issues **prior** to your intervention. This will help your rider grow into a mature communicator.

I have read and understand this document and agree to adhere to all expectations as outlined here.

Parent/Guardian Signature: _____

Student Signature: _____