



Athlete Code of Conduct

As a representative of the community, student-athletes and parents/guardians agree to follow this code of conduct during all NICA activities and while interacting with NICA community members. You also agree to maintain the code of conduct while connecting with other NICA community members through social media and electronic communications. The code of conduct is the starting point, teams are encouraged to create great teammate pledges (social contracts) with their teams to support building strong minds, bodies, character and communities. **Parents and guardians please review the following expectations with your NICA student-athlete.**

Be safe	<ul style="list-style-type: none">• Be prepared with safety gear: always wear a helmet when your leg is over the bike• Only ride a safe and functional mountain bike (use the ABCDE bike check to confirm this before each ride (Air, Brakes, Chain, Deraileur, Everything Else)• Ride within your ability• Plan ahead, ride with a friend, and let your family or guardians know where you are going and when you plan to return• Stay on the trail or in designated activity areas and be aware of hazardous animals and plants• Obey traffic laws
Be responsible	<ul style="list-style-type: none">• Be prepared with the water, food, tools, spare parts, and clothing that you need to complete the ride• Support your teammates, help them have a safe and successful ride• Come to practice with a clean and well-maintained bike• Be accountable for your actions and choices• Never consume prohibited substances (alcohol, illegal drugs, or performance enhancing substances)• Ride only on designated legal trails and routes• Know and follow additional rules that may be associated with your team, school or league
Be respectful	<ul style="list-style-type: none">• Respect coaches, teammates, competitors, trail users and other community members<ul style="list-style-type: none">◦ Be kind and treat everyone with dignity◦ Avoid language and actions that may be perceived as bullying, harassment, or discrimination◦ Be inclusive and welcoming to new athletes, coaches, competitors, and other trail users◦ Sexual harassment by NICA community members is not tolerated. This includes, but is not limited to: offensive or unwelcome sexual flirtations, advances or propositions, verbal abuse of a sexual nature, graphic or degrading comments about an individual and/or their appearance, the display of sexually suggestive objects or pictures, and any offensive or abusive physical contact◦ Seek consent before touching, hugging and otherwise embracing teammates and coaches• Always treat other trail users with courtesy<ul style="list-style-type: none">◦ Slow down when approaching other trail users◦ Provide right of way to pedestrians and equestrians. Stop and ask for passing instructions from equestrians◦ Announce your passing intention, specify the passing side, and wait for confirmation from the other trail user◦ Move aside to allow others to pass you safely• Respect the environment and trails<ul style="list-style-type: none">◦ Only ride on open trails◦ Ride when conditions will ensure no damage to the trail◦ Perform trail maintenance only with full permission and permits from the land owner/manager◦ Do not litter and pick up trash before leaving practice areas, venues and campgrounds

ACKNOWLEDGEMENT & SIGNATURE

I acknowledge I have reviewed/will review this code of conduct with my student-athlete and they agree to follow 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 NICA team, league or national activities.

Printed name (student-athlete)

Signature

Date

Printed name (parent/guardian)

Signature

Date