**2019 CORNER CANYON HIGH SCHOOL - MOUNTAIN BIKE TEAM RULES**

New items highlighted in yellow

**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 and cliques are not our standard.

**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. Pedestrians with pets on leashes have the right of way. Be especially careful when passing a horse. Sometimes it may necessary to dismount and get off the trail to allow others to pass. **Headphones are not allowed.**

 **5.** **Eligibility & Grades** – The CCHS mountain bike team is open to all registered and active CCHS students with a current grade point average of 2.8 or higher for the most recent semester. Team members whose grades fall below 2.8 will not be allowed to participate in races. There will be no academic probation offered in 2019.

**6.** **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 2/3 of CCHS practices. We are happy to communicate with your coach to assist in aligning our training plans to maximize use of training time.

* **May Skills Training** – All riders are expected to participate at least **2 training events and one basic bike maintenance skills event**. First-Year riders must attend the skills session designated for new team members only.
* **Early Practice Season (Late-May through Aug 4)** - Riders should attend all practices held in this time frame. However, absences during this period due to significant family or educational conflicts are allowed.
* **Race Season (August 5th- through the last race)** – **Riders who routinely miss practices, who up 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.**

**7.** **Service & Volunteering** – Each member is expected to fully participate in 2 trail or community service projects. All riders are expected to enroll family and friends as volunteers for race day or other support. Our team is dependent on volunteers. There will be a trail work project in late May….plan on it!

**8.** **Practice Groups** – We practice in training groups to accommodate and help riders of all levels to develop. 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 specific illness more than once, the rider will need to bring a parent or other volunteer to ride with them to be allowed to participate in the next practice.

**9.** **Bicycles & Maintenance** – Riders are expected to come to practice 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 leaders responsibility to fix a rides flat with their materials.

**10. Injuries, Illnesses, Medical Conditions** – Any condition that would affect your ability to safely ride a bicycle **must be reported**. It is parents’ responsibility to report any conditions or injuries to the coach. Any reported possible concussions will require medical release before returning to practice