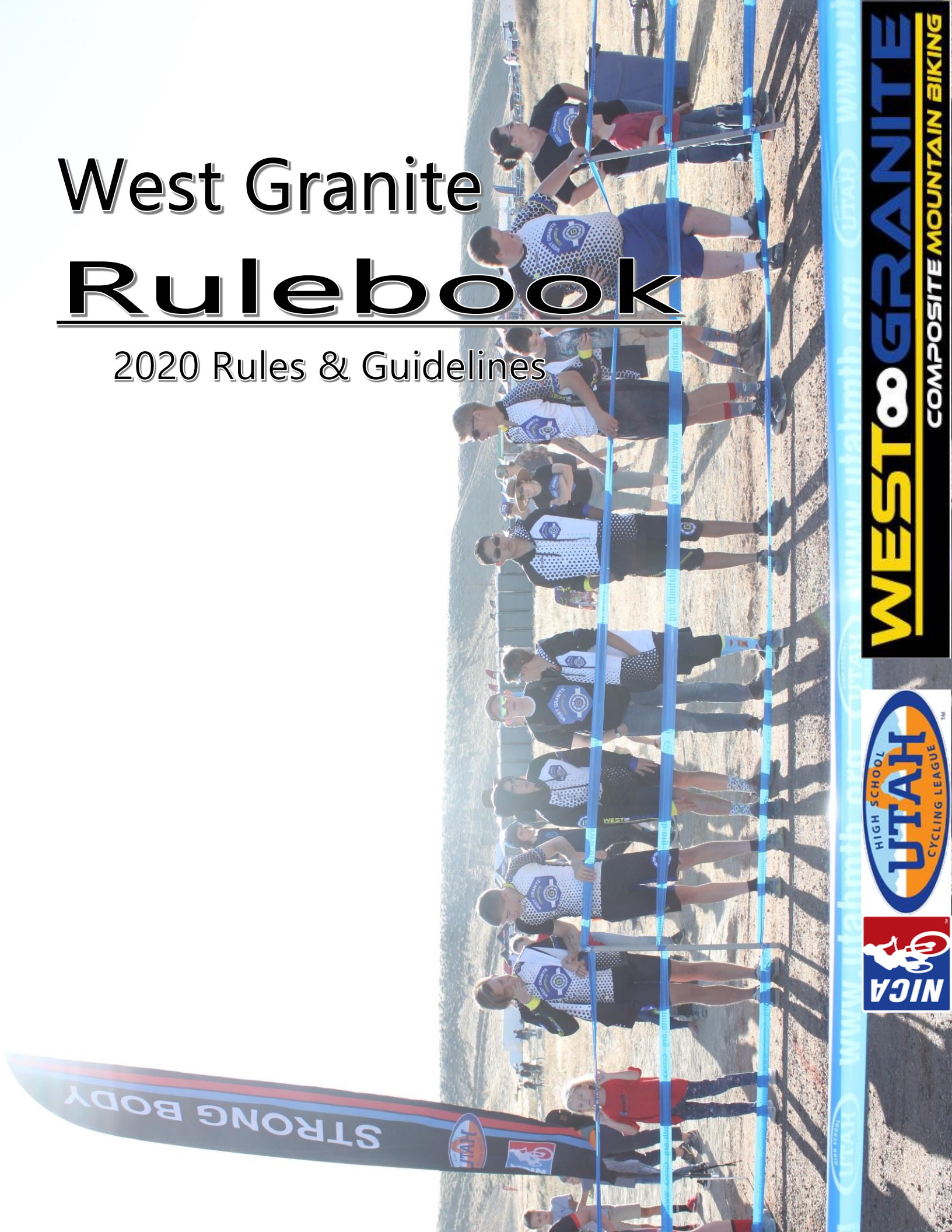


West Granite Rulebook

2020 Rules & Guidelines



UTAH
HIGH SCHOOL



UTAH

www.utahmth.org

UTAH

www.utahmth.org

UTAH

www.utahmth.org

UTAH

www.utahmth.org

UTAH

WEST **GRANITE**
COMPOSITE MOUNTAIN BIKING



2020

Rules & Guidelines

<http://wgcmtnb.org/>

a 501(c)3 non-profit organization



BUILDING STRONG

MIND • BODY • CHARACTER

THROUGH INTERSCHOLASTIC CYCLING

2020 West Granite Team Organization

Team Officers

Head Coach / President: Nolan Harris
nolan@agrtex.net

GRiT Head Coach / Vice-President: Rochelle Bartschi
rochellebartschi@yahoo.com

Team Director / Vice-President: LeGrande Larsen
llarsen@envisioneng.com

Secretary: Alisa Harris
alisa@agrtex.net

Treasurer: Maria Bucio
mbbucio53@gmail.com

Team Board of Directors

Training and Certification: Austin Summers
austin.summers@dominionenergy.com

Logistics Director: Emilio Bucio
emilio@usexpress.org

Sponsorship / Fundraising Director: John Griffiths
johnegriff65@gmail.com

Marketing Director: John Griffiths
johnegriff65@gmail.com

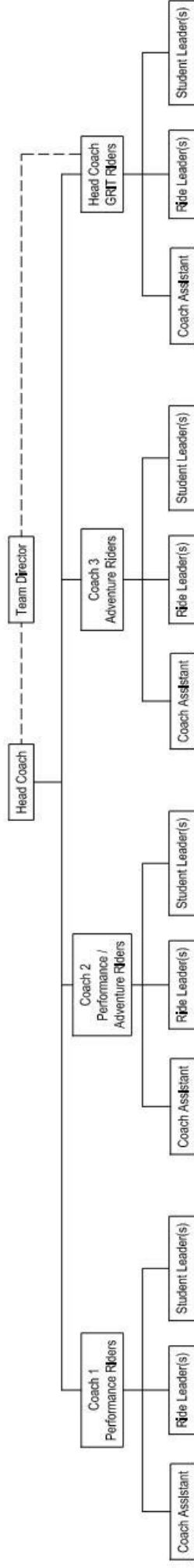
Recruitment Directors: Austin Summers and Nicole Biddle
austin.summers@dominionenergy.com
nicolebiddle@hotmail.com

Health and Wellness Specialist: Martha Ganesh
marthabolds@hotmail.com

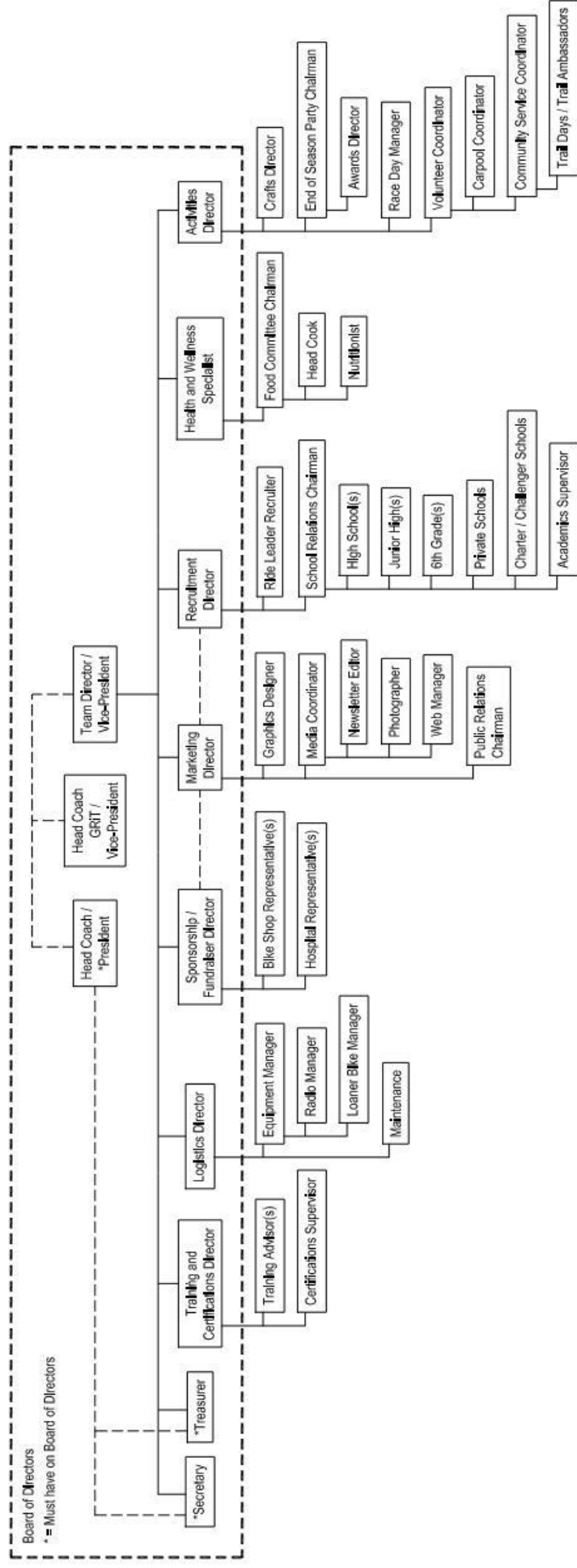
Activities Directors: Adrian and Amanda Garcia
agarcia@cea-ut.co

West Granite Composite Mountain Bike Team

Coach Organization



Team Management Organization



ABOUT US

NICA MISSION

We build strong minds, bodies, character, and communities through cycling.

NICA VISION

Every youth is empowered to be part of a thriving and engaged cycling community.

NICA 5-CORE VALUES

Fun: NICA inspires friendship, joy, and adventure.

Inclusivity: NICA believes everyone should be able to participate in our programs and feel welcomed, respected and supported.

Equity: NICA is committed to fair treatment, equal access, opportunity, advancement and elimination of barriers to encourage participation for all.

Respect: NICA expects consideration for all others, oneself, and the outdoors.

Community: NICA unites diverse people, families and communities through cycling by creating fun and welcoming experiences.



WHAT WE DO

CROSS-COUNTRY MOUNTAIN BIKING

The West Granite Team is a cross-country mountain bike team. Cross-country is a specific form of cycling different from road riding, downhill racing, BMX, cyclo-cross, or track racing. Cross-country requires a broad range of skills to ride up and down mountain bike trails. Team members will develop both technical skills and improve their fitness through cross-country riding. Our team's activities are focused upon preparing for and racing at NICA-produced cross-country mountain biking events only. We do not participate in "gravity" or downhill/enduro style events.

HIGH SCHOOL MOUNTAIN BIKING

Mountain biking isn't an official high school sport yet, but that isn't going to stop us from having the biggest high school mountain bike clubs in the country. Teams range from 5 to 150 students and provide students with a unique opportunity that you don't find in traditional school sports. NICA rewards both individual achievement and teamwork and priority is placed on demonstrating NICA's 5-core values not just winning.

JR. DEVELOPMENT MOUNTAIN BIKING

The Jr. Devo program is one of the first middle-school mountain bike programs in the nation and it is growing as fast as the kids are. This program is focused on providing a fun and positive environment for 7th and 8th graders to get a taste of mountain biking.

GRiT – GIRLS RIDING TOGETHER, [#MOREGIRLSONBIKES](https://www.utahmtb.org/grit)

GRiT kicked off in 2018 as a nationwide program to promote more girls riding bikes and participating in NICA. The Utah League will be working to increase female participation through outreach and events.

For more information, go to: <https://www.utahmtb.org/grit> ,
https://www.utahmtb.org/s/Tips_for_Coaching_Girls.pdf



OUR HISTORY

The West Granite Composite (WGC) Mountain Bike Team, a 501(c)3 non-profit, was organized in 2013, originally known as the Taylorsville Mountain Bike Team intended for Taylorsville High School students. The team is an affiliate team of the Utah High School Cycling League, which is an affiliate league of the National Interscholastic Cycling Association (NICA). In 2013, the team started with two riders, one from Kearns High School and one from Hunter High School. At the end of the 2013 season, the coach and parents collectively agreed to structure the team from a school based team to a composite team to allow multiple schools to join and form the team. The focus was the schools on the west end of the Granite School District. The name West Granite Composite was adopted as the new team name for the 2014 season. Now to include the senior high schools of Cyprus, Granger, Kearns, Hunter, and Taylorsville.

In 2014, the Utah League was chosen to pilot the Junior Devo program to open the sport to teens in grades 7-8. In 2015, the West Granite team enrolled their first Junior Devo riders. In 2016, parents from Taylorsville High School decided to withdraw from the West Granite team and joined the Murray team, creating the Murray / Taylorsville Composite team. In 2019, through strong parent and student support, the West Granite team was able to restructure itself to create team Officers and a Board of Directors. In doing so, the team was able to officially obtain it's 501(c)3 non-profit organization status. In 2020, the West Granite team will have its first GRiT (Girls Riding Together) program within the team, encouraging more girls to come join in on the fun of mountain biking. Also in 2020, through hard work of parents and the generous support from team sponsors, the team will start building its team owned equipment.

As we look to the future, the team will continue to grow through strong parent and student support. As in 2013, the coach and parents knew by changing the name to West Granite that this would become a mother team. This team's intended purpose is to nurture school based teams until they are big enough and strong enough to venture off and support their own school based teams. Even with this, the West Granite team will always exist to support smaller school based programs for public, charter, private, and home-based school programs.

TEAM SUPPORTED PUBLIC SCHOOLS (Granite School District)

Cyprus Senior High
Granger Senior High
Hunter Senior High
Kearns Senior High

Hunter Junior High
Jefferson Junior High
Kearns Junior High
Kennedy Junior High
Matheson Junior High
Valley Junior High
West Lake Junior High

TEAM COLORS

The West Granite team colors are representative of the four public senior high schools.

Cyprus Sr. High Royal Blue Gold	Granger Sr. High Crimson Red Columbia Blue Silver	Hunter Sr. High White Silver Navy Blue	Kearns Sr. High Gold Forest Green
---------------------------------------	--	---	---

TEAM CHEER

This cheer is to be done loud and with enthusiasm.

Cheerleader: Team on Three, Ohana on Six!
One, Two, Three!
Team: Team!
Cheerleader: Four, Five, Six!
Team: Ohana!

TEAM SPIRIT EVENTS

Exhibition Races. This is a team event held during the half-time show at a team supported school. Team members have to represent the team by racing student-athletes from opposing schools. This is a fun event and gives the team an opportunity to be recognized by the team supported school and those in attendance.

Carb-Up Dinners. In substitution for the practice before a League race, the team holds a potluck dinner. Here team members and their families are invited to come. They may bring a dinner entree to share with others. Coaches share information about the upcoming race and other important team information during the potluck dinner. It is a fun event while sharing time with your friends.

End of Season Party. This event is after the last League race of the season and officially closes the season for the team. This is a team dinner where families are invited. Awards are given out to each participating student-athlete. Final instructions from the coaches are given at this time.



West Granite Composite Team Boundaries

This map displays the street network and school boundaries for the City of Bolivar. Streets are shown as solid orange lines, while school boundaries are indicated by dashed green lines. Yellow triangle icons represent Jr./Sr. High schools. The map includes numerous street names such as Highway 301, North Providence Rd, South Providence Rd, Lake Park Blvd, and others. A legend in the bottom right corner defines the symbols used.

Legend

- Streets
- - - School Boundaries
- ▲ Jr./Sr. High

The map also features a logo for the City of Bolivar in the bottom right corner, which includes a stylized mountain range and the city name.

Legend


- Streets
 School Boundaries
 Jr./Sr. High School

TABLE OF CONTENTS

2020 West Granite Team Organization

Team Officers	i
Team Board of Directors	i
West Granite Composite Team Organization Chart	ii

ABOUT US

NICA Mission	iii
NICA Vision	iii
NICA 5-Core Values	iii

WHAT WE DO

High School Mountain Biking	iii
JR. Development Mountain Biking	iv
GRiT – Girls Riding Together	iv
35 Benefits of Mountain Biking	iv

OUR HISTORY

TEAM SUPPORTED PUBLIC SCHOOLS

TEAM COLORS

TEAM CHEER

TEAM SPIRIT EVENTS

West Granite Composite Team Boundaries

TABLE OF CONTENTS

Effective Date

Utah League Coronavirus Update

Coronavirus Contingency Calendar

Enrollment

Agreements and Waivers

Child Protection Awareness and Reporting

Athlete Abuse Prevention and Reporting

Fees

Utah League Programs

Scholarship Program

Loaner Bikes

NICA Safety Study

Insurance

Practice Groups

Adventure Riders

Adventure / Performance Riders

Performance Riders

GRiT Riders (Girls Riding Together)

Trail Etiquette & Code of Conduct	8
Preseason	8
Regular Season	
Weather Policy	9
Health, Allergies, and Allergic Reactions	9
Concussions	9
Homework and essential School Functions	9
Friends and Non-Team Members at Practice	9
Night Rides	10
RACES	10
Helmets	10
CONSEQUENCES	11
TEAM RULES	
SAFETY	12
CONDUCT & RESPECT	13
ELIGIBILITY TO PARTICIPATE	15
COMMUNICATION	15
TEAM & LEAGUE EVENTS	15
EQUIPMENT	16
RIDING	16
MEDICAL	17
ATTENDANCE	
Excused absences	18
Unexcused absences	18
RESIGNATION OR REMOVAL	
Resignation	18
Removal	18
EQUIPMENT	
Team Clothing	19
Bicycle	19
Bike Design	20
Drive Train	21
Helmet	21
Shoes and Pedals	21
Clothing	22
Shorts	22
Gloves	22
Water Bottles with Cage or Backpack with Drinking System	22
Thin Warm Cap	22
Saddlebag with Tools and Tubes	23
Eyewear	23
Sunscreen	23

EFFECTIVE DATE

This edition of the West Granite Rules and Guidelines is made effective April 1, 2020.

Utah League Coronavirus Update, Last Updated: May 4, 2020

The Utah High School Cycling League will continue to move forward in the planning and preparation of the 2020 Season.

Governor Herbert recently announced that Utah is moving into the stabilization phase (Utah Leads Together Ver. 2) and into the Moderate Risk "Orange" phase of the Guidelines for General Public and Businesses. In reviewing both documents, here is a list of pertinent conditions and restrictions for this phase that we will follow as a league.

- General public takes extreme precautions
- Leave home infrequently
- Social interactions in groups of 20 or fewer
- Face coverings worn in interactions that take place within a 6-foot distance
- In-person interactions limited to individual households and those who have been following recommended distancing/hygiene guidelines
- Remain at least six feet apart from individuals from other households while engaging in outdoor activities (e.g., walking, hiking, running, bicycling, hunting, fishing, etc.)
- Do not touch high-touch surfaces, including handrails, trail signs, maps
- Do not congregate at trailheads, parks, or other outdoor spaces
- Do not engage in close-contact or team sports
- Follow guidelines for state and national parks

We will continue to follow the guidelines given by the Governor of Utah and State Board of Health found at <http://health.utah.gov/> and at <https://coronavirus.utah.gov/latest/>

Registration: Student-Athlete registration is open. **The league updated the refund policy.**

IF we cancel the 2020 season due to Covid-19, the league fee minus a \$40 non-refundable charge (insurance and administrative costs) will be refunded. The NICA Fee is not refundable.

For full policy click the link below.

<https://docs.google.com/document/d/1V288O7eQI8k24bAF60oVfLVL8ITIXdRh283zzVuLuZs>

Team Practices & Activities: Teams may not conduct in-person training in any size group until further notice. We will closely monitor the direction of the Utah Health Department and the Utah High School Activities Association for a date to start activities as a team.

Team Meetings: Teams should follow state guidance concerning in-person team and parent meetings. Please consider conducting meetings by teleconference. Use your team's social media to disseminate information.

Coach Training: We are contacting our OTB instructors about the possibility of starting our OTB classes. Since they are conducted outside and in groups of 10-15 we hope to start scheduling soon. We are working out personal protection, sanitation and where the classes can be conducted.

The CPR/Basic First Aid and Wilderness First Aid classes will not be conducted yet. Our instructors hope to be able to start classes in June. When we are able to schedule classes we will prioritize coaches based on team requirements.

Guidance to Students & Parents: As you enjoy riding on the trails please follow the Governor's guidance. Remember, it's only May and we have four months before our first scheduled race. There is lots of time to prepare for the season.

Thank you for your patience and understanding with the quickly-changing situation.

Coronavirus Contingency Calendar

- 3 July - Registration closes - no late fee
- If practice and approved mass gathering starts on or before:
 - 20 July - No modification to race schedule.
- If practice and approved mass gathering starts after:
 - 20 July - Race #1 cancelled (South & North regions) use rain out (JD included)
 - 3 Aug - Race #1 cancelled (Central & East regions) use rain out (JD included)
 - 10 Aug - Race #2 cancelled (all regions) no make up
 - 25 August - Cancel season

ENROLLMENT

Teens. Open to all teens enrolled in grades 7-12 during the fall school-year season, meets the requirements outlined in the Utah League Handbook 'Student Age and Grade', and resides within the approved WGC team geographic area. Teens are encouraged to join and participate in the mountain biking program, regardless of expertise. Membership open enrollment is from April 1 through July 1, every year. The Head Coach will send an email invite link from the NICA PitZone website to the interested teen. Parents and the teen follow the instructions from this link to begin the membership process.

Adult Volunteers. Adults with a desire to mentor youth and ride with the team are encouraged to enroll as team members to become a volunteer ride leader or coach to assist in safety and training of student-athletes during team practices and team rides. You do not need to be an experienced mountain biker. Ask the Head Coach for a Coach PitZone invite. Once you receive an invite, follow the one-time link to set up your account in the PitZone. A level 1 license is required before you are permitted to ride with the team. For more information about the license level requirements, please visit NICA's Coach Licensing Page at <https://www.nationalmtb.org/coaches-license-program/>.

Coaches and Ride Leaders. Need to be enrolled as team members and must fulfill training and obtain a certification level is set forth by NICA to be authorized to ride with the team. If a certification level is not met, the coach or ride leader is not allowed to ride with the team until certification is met and approved by NICA. The basic certification requires an online participation agreement, membership fee, background check, concussion in sports training, and coaching training. The upper certification levels may require, but not limited to, abuse awareness training, risk management training, first aid / CPR certification, wilderness first aid certification, field work hours, skills training, Leaders' Summit, and continuing education credits.

Note: *We need adults for coaches and ride leaders. Contact the current Training and Certification Director on how to help. NICA requires 1 coach per 6 student-athletes or 2 coaches to 8 student-athletes during trail rides. A level 1 coach may accompany a Level 2 or 3 coach and ride as a sweep but may not take lead student-athletes by themselves. However, having 6-8 student-athletes to 2 coaches/ride leaders (with one coach at the front and one coach at the back of the group) is highly recommended and preferred if possible. If there is a span of abilities on a ride, particularly with beginners, the best ratio may be even smaller, such as 3 student-athletes to 1 coach.*

AGREEMENTS AND WAIVERS

To obtain membership for both teens and adult volunteers, agreements and waivers must be signed before any participation will be permitted. The League and NICA has online agreements and waivers that need to be completed and signed. The WGC team has agreements that are required to be completed and signed before any participation in the mountain bike program. If agreements and waivers are not completed prior to the second practice, the student-athlete, coach, and/or ride leader is not eligible to ride with the team until the agreements and waivers are completed. Failure to complete and sign the agreements and waivers will forfeit membership and participation on the team and at League events.

CHILD PROTECTION AWARENESS AND REPORTING

The West Granite team has adopted the NICA Athlete Abuse Prevention Program. NICA has a mandatory reporting on 'suspected' sexual, physical, emotional or other abuse AND/OR neglect of NICA student-athletes. As the team "suspected abuse" is used in the law, if in doubt, REPORT.

For more information, refer to:

https://docs.google.com/document/d/1ZjccDdcLv3zDFWbgE_4nK0m8zZywhpfb1Qqv9NBly44/edit

<https://www.nationalmtb.org/blog/wp-content/uploads/NICA-Suspected-Abuse-Reporting-Guidance.pdf>

Threatening or bullying is a form of abuse and will not be tolerated on the team. A consequence will be issued to all parties involved with the bullying. For more information on bullying, refer to:

<https://www.stopbullying.gov/bullying/what-is-bullying>

ATHLETE ABUSE PREVENTION AND REPORTING

The West Granite team will take appropriate action on all allegations of student-athlete abuse and/or sexual misconduct. All allegations will be reported immediately to the authorities for investigation and cooperate fully with any such investigation.

Abuse prevention

- Inappropriate touching of any kind is forbidden.
- Massages or rubdowns are not allowed to give student-athletes, even if you are licensed massage therapist.
- Provide more than one adult working at or overseeing every activity whenever possible and avoiding 1:1 situations.
- Have a procedure set-up with parents for coaches to follow if a student-athlete is stranded at an activity.
- Parents are encouraged to attend NICA activities.

One on one interactions

- **Be observable & interruptible.** Interactions must take place, someplace where another adult can see what is happening and can intervene if the communication looks inappropriate.
- Avoid room meetings. If you must meet in a room, meetings in a room must have the door open and unlocked, and blinds open on the windows.

- Meetings cannot take place in an adult's hotel room or other overnight lodging location if the team is traveling.
- Adults are never alone with a student-athlete in the car unless they are immediate family members.
- Never intentionally have a situation where there may be 1:1 interactions with a student-athlete.

Electronic communication

- All electronic communication should be professional in nature.
- All content must be **open and transparent**.
- Communication should include all members of the team and coaches.
- If a coach needs to communicate directly with a student athlete via electronic communications (including social media), another coach or the rider's legal guardian will be copied.
- If the student athlete communicates privately to the coach, then the response will include another coach or the rider's legal guardian.
- Electronic communications should generally only be sent between the hours of 8:00 a.m. and 8:00 p.m., unless emergency circumstances exist.

Social media

- Student athletes may "friend" the organization's official page.
- The team will monitor its social media pages and remove any posts that violate the team, league or NICA policies and practices.
- The team will inform the legal guardian of a student athlete of any prohibited posts, as well as the teams' administrator.
- Adults who maintain personal social networking sites should not allow student-athletes to access their personal sites, excepting members of immediate family.
- Adults should not "friend" and "follow" student-athletes on their personal social media.
- Strava can be used as a team tool.

Mandatory reporting

- **Utah law** requires any person who has reason to believe that a child has been subjected to abuse, neglect, or dependency to immediately notify the nearest office of Child and Family Services, a peace officer, or a law enforcement agency. Abuse, neglect, or dependency of a child can be physical, emotional, or sexual. (DFCS)

How to report

- If you see or hear a situation that could cause physical, emotional or sexual abuse to a child or participant; do the following:
 1. Give immediate aid to child or participant.
 2. Call local law enforcement in case of emergency or if the incident requires.
 3. Contact and report to Division of Child and Family Services Hotline - 1 (855) 323-3237.
 4. Contact the Utah High School League Director

If misconduct is reported or suspected contact:

Utah League Director, Dallen Attack, dallen@utahmtb.org

FEES. To obtain membership, fees **must** be paid.

League and NICA Fees. The League and NICA has a combined fee that is paid online at www.utahmtb.org. Rider registration opens on April 1. The League and NICA fees cover membership, all races, and insurance for the participating member for any incidents that may occur at the team or League functions. Failure to pay the fees will deny participation in team, League, and NICA events. Refer to the current Utah League Fees and Refund Policies for more information, <https://docs.google.com/document/d/1V288O7eQl8k24bAF60oVfLVL8ITIXdRh283zzVuLuZs/edit?usp=sharing>

\$285 High School Riders* (9-12 th grade in the 20/21 school year) <ul style="list-style-type: none">• \$260 Utah League fee• \$25 NICA Membership Fee (Non-refundable)• Covers League membership and practices• Covers 4 regional races• Covers the state championship race for qualifying riders	\$235 Jr Devo Riders* (7-8 th grade in the 20/21 school year) <ul style="list-style-type: none">• \$210 Utah League fee• \$25 NICA Membership Fee (Non-refundable)• Covers League membership and practices• Covers 3 regional races
* NO student participation until fully registered.	

WGC Team Fees. The team has a fee that is paid to the Treasurer through **payment methods agreed upon by the WGC team Board of Directors**. The team fee covers team membership, the team uniform and apparel, and food at League races. Failure to pay the fees will deny participation in team, League, and NICA events. Any exceptions in the team fee or to propose setting up payment plans must be discussed with the Head Coach or Team Director. Exceptions or payment plans must receive preapproval by the Head Coach and the Board of Directors, and recorded by the Secretary. Members agree and understand that there are no refunds prorated or otherwise for the current membership period already paid for after June 1. A member that cancels will continue to be an active member until the end of the season in late fall.

\$230 High School or Jr Devo Riders (7-12 th grade in the 20/21 school year) <ul style="list-style-type: none">• \$150 Team Uniform Kit• \$50 Food for rider at League races	2020 Team Uniform Kit Includes: <ul style="list-style-type: none">• Race Tech T• Mountain Baggy Shorts• Tech Hoodie• Embroidered Hat• Sublimated Socks• Neck Gaiter
--	---

NICA and League Refunds.

- IF the 2020 race season is cancelled due to Covid-19, the league fee minus a \$40 non-refundable charge (insurance and administrative costs) will be refunded.
- The \$25 NICA Fee is not refundable.
- After the season starts – the Utah League Fee is partially refundable for season-ending injuries or medical reasons only.
 - A doctor's note must be provided.
 - Fees will be prorated based on a 6-month season depending on when the injury occurred.
- No refunds will be given for a missed race.
- No refunds are given for cancelled races due to weather.
- For more information, read the **2020 Utah League Fees, Refund & Weather Policy** at: <https://www.utahmtb.org/pitzone>

UTAH LEAGUE PROGRAMS

SCHOLARSHIP PROGRAM (a.k.a. Financial Assistance Program)

The Utah High School Cycling League is committed to making sure every student athlete and coach has the best chance possible to participate in all events, regardless of their financial situation. Thank you to our league donors for contributing to the league's scholarship fund.

The Scholarship application for the current season will open on April 1. Scholarships are awarded on a rolling basis until the annual funding is used up. Funds are limited so please apply early. If awarded a scholarship, student-athlete should be prepared to write a letter explaining how the scholarship benefited all involved. Identity will be kept confidential at your request.

For more information, go to: <https://www.utahmtb.org/scholarships>

LOANER BIKES

Because of our sponsors and generous donors, the league has acquired a fleet of bikes to be used by high school student athletes facing economic circumstances that prevents them from owning their own bikes. Due to the limited number of loaner bikes, we would like to ensure that the riders who receive a bike commit to participation in **three (3)** races of the current season.

For more information, go to: <https://www.utahmtb.org/loaner-bike-program>

NICA Safety Study

The NICA Safety Study uses self-reporting from coaches to track injuries during Utah league-sanctioned practices and races.

For more information, go to: <https://www.utahmtb.org/safety-study> , <https://www.nationalmtb.org/safety-reporting/>

INSURANCE

The Utah League, its teams, coaches, students and events are insured through National Interscholastic Cycling Association. All student-athletes and coaches must be registered with NICA to participate in races, events or races. NICA's insurance protects coaches from lawsuits, provides secondary health insurance, covers some medical deductibles, and also helps families navigate the medical care system.

NICA Leagues / Teams / Events – Commercial General Liability

\$1,000,000	per Occurrence
\$100,000	Damage to Rented Premises (any one (1) fire)
\$1,000,000	Personal & Advertising Injury
\$1,000,000	Participants' Legal Liability Limit
\$5,000,000	Aggregate Limit of Liability per Event
\$1,000,000	Products & Completed Operations Aggregate

\$1,000,000 Sexual Abuse Liability Each Person
\$2,000,000 Sexual Abuse Liability Aggregate Per Event

Excess Liability Umbrella

\$1,000,000 each occurrence
\$1,000,000 aggregate

NICA Leagues / Teams Excess Accident Medical

\$10,000 Maximum Medical Expense for each injury / \$500,000 aggregate per policy year
\$10,000 Accidental Death
Deductible: \$1,000 per claim
Benefit Period: 1 year

For more information, see Overview of National Interscholastic Cycling Association (NICA) Insurance Policy, <https://www.nationalmtb.org/wp-content/uploads/NICAInsuranceOverview.pdf>

PRACTICE GROUPS

Adventure Riders

This group is a slower paced, low pressure group. Conditioned for new or recreational riders with limited riding time. Riders with 2 or more years with the group and/or training more than 6 hours per week should work towards Adventure / Performance Ride group. Riders should be able to ride non-stop for 45-90 minutes. For those racers finishing at the top of their age class we strongly encourage that you move up to the Adventure / Performance Ride group for the next season.



Adventure / Performance Riders

This group is a moderate paced, medium pressure group. Conditioned for experienced riders of average abilities. Riders with 2 or more years with the group and/or training more than 8 hours per week should work towards Performance Ride group. Riders should be able to ride non-stop for 60-100 minutes. For those racers finishing at the top of their age class we strongly encourage that you move up to the Performance Ride group for the next season.

Performance Riders

This group is a fast paced, high pressure group. Conditioned for experienced riders of above average abilities. Training for more than 10 hours per week inside and outside of practice. Riders should be able to ride non-stop for 90-120 minutes. Required goal setting and personal training plans.

GRiT Riders (Girls Riding Together)

This group is a girl's only group. Members of all ability levels. Coaching and instructions given by experienced coaches to make the practices and rides fun and rewarding. Practices and rides will be combined with the team on team practice days and Saturdays, but coaches will have the option to take the GRiT riders on their own practice and rides.

TRAIL ETIQUETTE & CODE OF CONDUCT

All student-athletes, ride leaders, and coaches **MUST** follow the NICA Trail Etiquette & Code of Conduct at all times. This is one of the agreements to be signed for the student-athlete or adult volunteer to obtain NICA membership in order to join the WGC team. For more information, refer to: <http://www.nationalmtb.org/blog/wp-content/uploads/NICA-Code-of-Conduct.pdf>

PRESEASON

Begins on April 1 every year.

Team Store will open. You can order additional team accessories from here.

REGULAR SEASON

Begins on June 1 every year.

Weather Policy

For team practices and trail rides, the WGC team abides by the Weather & Environmental Policy set by the Utah League that have been set for races. For more information, refer to:

<https://docs.google.com/document/d/1V288O7eQI8k24bAF60oVfLVL8ITIXdRh283zzVuLuZs/edit>

Health, Allergies, and Allergic Reactions

If your student-athlete or you as a volunteer Ride Leader / Coach have allergies, physical health, or mental / emotional health issues, please inform our Health and Wellness Specialist. *(The current Health and Wellness Specialist is found under Team Board of Directors towards the front of this publication.)* Your information will be kept confidential and only shared with the directing Coach of your ride group. As deemed necessary and used with best judgment, the directing Coach may need to share this information for the safety of the individual. For example in case of an emergency, the directing Coach may need to share the confidential information with those present and with medical specialists. If there is an allergic reaction during a team practice, our trained Coaches will do the best they can to assist the individual until a trained professional can assess the condition. Our Coaches and Ride Leaders are not trained professional medical specialists, and can only assist until the professionals can administer to the emergency.

Bring medications. It is the responsibility of the individual to bring their doctor prescribed medications to every practice, team event, and race. As necessary, the individual should self-administer the medication. It is not the responsibility of the coaches, team leaders, or other team members to remind the individual to bring their medications or take their prescribed medication. It is up to the discretion of the directing Coach to dismiss and send home an individual for not bringing their medications.

Concussions

For more information, refer to:

https://www.cdc.gov/headsup/pdfs/custom/headsupconcussion_parent_athlete_info.pdf

Homework and essential School Functions

As coaches, we understand that mountain biking is not the only focus in your teenager's developing years. Even though some of our student-athletes want mountain biking to be their only focus. There are other events our student-athletes need to focus on, especially when it comes to their education. We expect all of our student-athletes to put their school work ahead of mountain biking and strive to get excellent grades. If homework needs to be done, a school function they need to attend, or for any other reason related to their education, before practice or a trail ride please inform the Head Coach, Team Director, GRiT Coach, or a supervising Coach (not Ride Leader) that your student-athlete will not be attending and the reason why. To the discretion of the Head Coach, your child might be excused. It is advisable to keep these excused absences to a minimum, so schedule time to complete homework before practices / trail rides. Too many absences may result in a warning, followed by a consequence.

Friends and Non-Team Members at Practice

Due to the risks involved in mountain biking, we can only allow registered student-athletes and adult volunteers ride with the team at practices and on trail rides. This is because the NICA insurance only covers those registered to the NICA program. Sometimes a friend or family member wants to come along for a ride. As coaches, we can only allow one "Free Pass" for the individual per season. Only after they sign a waiver acknowledging they understand mountain biking is a dangerous sport, they take full liability,

and will not hold the organization accountable for any incidents. Even though as coaches, we will do everything we can to keep them safe, as if they were a fully registered team member. After the one “Free Pass”, if they want to continue to ride with the team, they will need to register as a team member. At that time, they will be covered under the NICA program and insurance.

Night Rides

All riders are encouraged to have at minimum a bright bike light (at least 500 lumens) for any night rides or rides that the group will be returning in the dark. Other recommended items are: a light jacket, long finger gloves, plenty of water, and extra snacks.

Races

Race

Here is a “Quick Start Guide to Attending High School Mountain Bike Races”:

<http://www.nationalmtb.org/wp-content/uploads/NICA-Quick-Start-Guide.pdf>

Helmets

For more information, refer to:

https://www.cdc.gov/headsup/pdfs/helmets/HeadsUp_HelmetFactSheet_Bike_508.pdf



CONSEQUENCES

CONSEQUENCE LEVELS

Some rule violations will result in consequences at one of the three following levels: Yellow, Orange, and Red. However, the consequences can also be applied in other situations at a Team Coach's discretion. Not all rules have consequences that fall within these three levels. Team Coaches are responsible for enforcing consequences and may also sanction other penalties that are not specified in the rulebook but are deemed appropriate. Further, some of the rules addressing specific behavior and circumstances provides for consequences in addition to those contemplated by this rule and shall apply as described therein. See Rule 12 for more information.

YELLOW LEVEL CONSEQUENCE

First offense: Verbal Warning and a notification sent to the parents.

Subsequent offenses: Suspension from the next team activity or ride. A notification sent to the parents.

ORANGE LEVEL CONSEQUENCE

First Offense: Suspension from the next team activity or ride. A notification sent to the parents.

Second offense: Suspension from the next two team activities or rides. A notification sent to the parents.

Third offense: Disqualification from the team. No refund of paid expenses. A notification of disqualification from the team sent to the parents.

RED LEVEL CONSEQUENCE

First offense: Disqualification from the team. No refund of paid expenses. A notification of disqualification from the team sent to the parents.

For Utah League consequences, see the current NICA Rulebook, Utah League Edition.

See https://www.nationalmtb.org/blog/wp-content/uploads/2019_UT_NICA-Rulebook_Final-.pdf

TEAM RULES

Mountain biking is one of the best sports there is. It is excellent low impact aerobic exercise that you can do for a lifetime. You can cover more ground and see more cool stuff than with any other. These rules are created to promote safety, offer fairness, promote respect, ensure team cooperation, and to create an environment of fun. These team rules have been outlined to be in alignment with and in addition to the current edition of the Utah League Rulebook. The Utah League Rulebook contains a great deal of information, and reading it helps parents and Riders understand the need for some of the team rules, how the races are run and scored, and a host of other rules and regulations that are helping high-school mountain biking grow into a mainstream sport. Please become familiar with those rules as well.

<http://www.nationalmtb.org/wpcontent/uploads/NICA-Rulebook.pdf>

These rules apply to all students-athletes during all practices, races, individual training rides, and at all other times while riding bikes. While these rules are outlined for student-athletes, they also apply to parents, family members, friends, coaches, and team associates. It is the responsibility of all West Granite riders and associates to be aware of and to comply with these rules! Failure to do so may result in the participant to be removed from the team, occurring at any time during the season.

IGNORANCE OF THE RULES IS NEVER AN ADMISSIBLE DEFENSE!

Final interpretation of the rules is up to the head coach or team director. If the head coach or team director is not present, the lead coach over your group makes the final interpretation.

SAFETY

1. **WEARING HELMETS STRICTLY ENFORCED.** ALWAYS wear a buckled helmet. If you walk, run, or even touch a bike, wear a buckled helmet. (Exceptions are loading/unloading bikes, bikes on mechanic stands, bikes on trainers.) Under no circumstances should a rider (student-athlete, parent, family member, friend, coaches, or team affiliate) be on or over their bike without a helmet fastened to their head. WGC Team members will be suspended from team events and rides for violating this rule.

ORANGE LEVEL CONSEQUENCE

2. **PRACTICE CONTROLLED RIDING.** High School Mountain Biking is not an extreme sport. Student-athletes must practice safe riding techniques and be in control of their bicycles at all times. Student-athletes but must ride within the limits of their abilities and skills. Avoid trick riding on team rides jumping off ramps, extended wheelies while riding in a crowd, curling berms and other free-ride dangerous maneuvers during team-sponsored rides puts the whole team at risk, not just the student-athlete. Student-athletes and volunteers can be prohibited from organized team rides at the discretion of the presiding coach for unsafe riding techniques and/or flagrant disregard for trail etiquette and/or the rights and safety of other trail users.

YELLOW LEVEL CONSEQUENCE

3. **CONTROL YOUR SPEED.** Riding out of control or with excessive speed, relative to the terrain and experience level, is not tolerated. You must always be able to stop safely within the distance that you can see ahead, without skidding. Student-athletes on the trail can be imposing to other users. Say "hi"

and slow down to pass oncoming trail users. If you cannot hear them saying “hi” back, you are going too fast. Approach switchbacks and turns in anticipation of someone coming around the bend. Having a reckless attitude or taking dangerous risks is not tolerated. A risk is defined as willingly attempting anything which is beyond one’s ability to control in a safe manner. A dangerous risk is defined as willingly attempting anything that is beyond one’s ability to control the bike or puts some else in danger.

YELLOW LEVEL CONSEQUENCE

4. **LIGHTS.** Student-Athletes are required to carry an operational headlight with adequate illumination with them on all evening practices and rides. To ensure if the return ride carries into dusk or night, the student-athlete can safely see the trail / path back to the designated start location.
5. **MUSIC PLAYERS AND HEADPHONES.** Student-Athletes are not allowed to race or ride with headphones or other portable musical devices. For they may interfere with a rider's awareness of their surroundings during practice and on trail rides. Headphones or other portable musical devices are permitted while riding a stationary trainer.

ORANGE LEVEL CONSEQUENCE

6. **CELL PHONES.** Student-athletes may not answer a cell phone or make cell phone calls while riding a bike. Student-athletes must safely come to a complete stop, have both feet on the ground, and be clear of traffic flow in order to use their cell phones. (Orange Level Consequence)
7. **RIDE GROUPS.** Mountain biking is a dangerous sport, and riders are exposed to situations and elements that are difficult to control. The best way to minimize danger is to ride within your limits and stay with your ride group. If something bad does happen, you can get immediate assistance from ride leaders and team mates for first aid, mechanical breakdowns, and perhaps food and water. Some rides take us hours away from home, out in the wilderness, and safety demands that we ride within our skills and as a group. Riders that purposefully leave their ride group without checking in with adult Ride Leaders or Coaches during the ride will lose their privilege to ride and race with the team. Riders who regularly ride beyond their skills and encourage others to do the same will also lose their privilege to ride with the team. Leaving a ride early is fine, just make sure that you let the coach group leader know you are leaving. Failure to comply with this rule may result in a consequence. (Yellow Level Consequence)

YELLOW LEVEL CONSEQUENCE

8. **SAFETY.** Student-athletes and volunteers can be prohibited from organized team rides at the discretion of the presiding coach for safety hazards or lack of safety equipment with should endanger the cyclist involved, i.e. brakes, steering, wheels or tires, bicycle traces, footwear, sufficient hydration fluids, lights (where required), etc.

CONDUCT & RESPECT

9. **REPRESENT YOUR TEAM AND MOUNTAIN BIKING.** You represent the West Granite mountain biking team, the Utah League, NICA, cross-country mountain biking, and cycling in general. This is true when student-athletes are, out on the trail, at school, at a bike shop, and regardless of whether you are wearing your team shirt or jersey or any other cycling gear.

10. TREAT EACH OTHER WITH RESPECT ON AND OFF THE BIKE. There should be nothing but support between all riders regardless of skill level or gender. Negative comments about team members will not be tolerated.

ORANGE LEVEL CONSEQUENCE

11. TEAM SPONSOR RELATIONS. West Granite members have worked hard to develop relationships with certain bike shops and other sponsors to give team members special discounts and special attention for repairs and adjustments. Team members will always respect the rules and requirements of these sponsors as outlined by them.
12. POSITIVE SPORTING ATTITUDE. Display good sportsmanship during all events. Treat teammates, coaches, parents, spectators, other races, and officials with fair play and respect. Being considerate of others will assure a unified team. Being sensitive to how others perceive you will assure a positive image for our school and sport. Bullying and cliques are not our standard.

ORANGE LEVEL CONSEQUENCE

13. BANNED SUBSTANCE USE. Student-athletes are subject to all U.S. Anti-Doping Agency (USADA) rules pertaining to anti-doping, as outlined in the Utah League Rulebook. Student-athletes are subject to all tobacco, alcohol, and drug use the rules as outlined in the Utah League Rulebook. Vaping will be treated as alcohol and drug use. (see Utah League Rulebook for consequences)
14. ABUSIVE BEHAVIOUR NOT TOLERATED. See Utah League Rulebook for outline.

RED LEVEL CONSEQUENCE

15. SEXUAL HARASSMENT POLICY. See Utah League Rulebook for outline. If any student-athlete, coach, parent, volunteer, or team member feels they have been sexually harassed at a NICA, League, or team event, they should report the incident IMMEDIATELY to the Head Coach, a Coach, or the Team director. If any student-athlete, coach, parent, volunteer, or team member feels they have been a victim of abuse, assault, or battery at a NICA, League, or team event, they should report the incident IMMEDIATELY to the Head Coach, a Coach, or Team director. By law, they are required to report all suspected reports of abuse. All reports will be handled in a confidential manner.

RED LEVEL CONSEQUENCE for the abuser

16. BULLYING. Threatening or bullying team coaches / ride leaders, league officials, other riders, volunteers, race spectators, or anyone involved with the WGC team or the Utah League will result in a consequence for the one or multiple parties doing the threatening or bullying. For more information on bullying, refer to: <https://www.stopbullying.gov/bullying/what-is-bullying> .

ORANGE LEVEL CONSEQUENCE

17. EMOTIONAL CONTROL. No cheating, bad sportsmanship, throwing bikes, temper tantrums, uproarious behavior, or making a scene.

ORANGE LEVEL CONSEQUENCE

18. **CELL PHONE USAGE.** During practice, coach instructions, team rides, and while racing, cell phones are not allowed to be used. Exceptions are cell phones can be used as an electronic ride tracker, emergency phone calls / messages, or other approved exceptions by the lead coach. Failure to abide will result in a consequence.

YELLOW LEVEL CONSEQUENCE

19. **FAIRNESS.** Understand that at times, decisions and/or actions of other people may not be fair, reasonable or correct.

ELIGIBILITY TO PARTICIPATE

20. **ELIGIBILITY & GRADES.** The West Granite mountain bike team is open to all registered and active students with a current grade point average of 2.0 or higher. Qualification for the team will be based on the honor system of students and parents upholding these standards. If a student's grades for the most recent semester are below 2.0, the student will not be allowed to participate unless a specific allowance and waiver is approved by the parent/guardian and coach. This requirement is in compliance with the current Utah High School Activities Association (UHSAA) Handbook. (see <https://uhsaa.org/Publications/Handbook/Handbook.pdf>)
21. **TEAM GUESTS.** Non-members and guests who wish to participate in an organized team ride or attend a League event shall be required to adhere to these team rules as though they were members. In addition, non-members and guests shall be required to execute a signed waiver prior to participating in an organized team ride. The presiding coach shall be responsible for ensuring adherence to the provisions of this sub-paragraph.

COMMUNICATION

22. **COMMUNICATION.** Verbally communicate with your parents, Ride Leaders, and Coaches when you are not feeling yourself physically or mentally. Overall communication is better for everyone, so a common agreement can be found. Let them know how they can help you, when you need it!
23. **TEAM COMMUNICATION.** TeamSnap, emails, and/or texts are the most effective way for us to reach all of you with last-minute information concerning everything from events to race day logistics. Sudden changes in schedules and team activities are inevitable, so please stay informed. Signup for the West Granite Composite on TeamSnap (<https://www.teamsnap.com/>), and make sure you are receiving the posts.

TEAM & LEAGUE EVENTS

24. **ATTENDANCE & PARTICIPATION.** Each team member is expected to fully participate in practices, training, and at least one service project. Excused absences should be approved in advance and will be considered by the lead coaches on a case-by-case basis. Absences after the new school year begins should be limited to primarily for educational or other school based conflicts. All absences will require a make-up ride signed off by a parent or verified through electronic ride trackers (i.e. Strava). Team members are expected to arrive on time for practice and are responsible for marking their own attendance. See ATTENDANCE in the current West Granite Rulebook for further requirements and expectations.

- 25. **SERVICE & VOLUNTEERING.** Each member is expected to fully participate in service projects and to enroll family and friends as volunteers for the team needs and for at least one race day. Our teams are dependent on volunteers.
- 26. **TRAIL DAYS.** The trails we ride only exist because of the efforts of folks that have built them, sustained them, and advocated for them. We respect that tradition and expects every rider to participate in at least one trail maintenance volunteer activity during the season.
- 27. **PRACTICE GROUPS.** Coaches will structure practice into several groups to accommodate and help riders of all levels to develop. We welcome feedback from students and ride leaders about grouping assignments. However, ride groups are assigned by the coaches and it is important to ride in your assigned group. It is critical that riders give their best effort at each practice and finish each practice with their assigned ride group. If a rider voluntarily quits a practice ride (without advance notice), is a disruption or hazard to other riders, shows lack of effort, 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.

YELLOW LEVEL CONSEQUENCE

- 28. **FUNDRAISER OPT-OUT.** Our team is fully self-supporting and it takes everyone participating to make it successful. Please participate in all team fundraisers. If you choose to not participate, you can pay an "Opt-out" fee instead.
- 29. **LEAGUE RACE FEED ZONE.** As outlined in the Utah League Rulebook, food and drink may only be handed to a student-athlete in the feed zone. Outside of the feed zone is subject to an Orange Level Consequence under the League rules.

EQUIPMENT

- 30. **BICYCLES & MAINTENANCE** - Team members will be expected to come to practice and races with a functioning and properly maintained bicycle. Bike problems on the trail such as flats are a normal part of riding and coaches will be teaching basic bike maintenance skills throughout the season. Riders will be expected to learn and perform basic on-trail repairs. Tools and spare parts used in a repair must be carried by the rider on trail rides and at the races. No off-course assistance is allowed at the races. Riders are responsible for the condition and safety of their own bicycles, i.e. working brakes, safe steering, good tires, and wheels, etc.
- 31. **CLOTHING.** Student-athletes must wear proper riding attire, including a shirt, shorts, and fully-enclosed shoes during practice, team rides, and race events. Appropriate to the weather conditions.

RIDING

- 32. **AVOID RIDING ALONE.** Ride with at least one other person whenever possible. (See also Utah League Rulebook)
- 33. **LEGAL MOUNTAIN BIKE TRAILS ONLY.** Ride only on authorized trails. Check with local authorities regarding open trails and conditions, and with landowners regarding private land access. Stay off trails that are closed to bicycles. Riding off-trail damages meadows and other fragile ecosystems. Never cut switchbacks as this accelerates erosion. Riding unauthorized trails because they suit your personal taste better puts ALL local mountain biking at risk. (See also Utah League Rulebook)

RED LEVEL CONSEQUENCE

- 34. **LEAVE NO TRACE.** Be sensitive to the dirt beneath you. Recognize different types of soils and trail construction; practice low-impact cycling. Beware the types of soil you are riding on. Wet and muddy trails are more vulnerable to damage. When the trail bed is soft, consider other riding options. Ride it, don't slide or skid. Never ride on muddy trails and carry your bicycle around muddy spots. If you need to ride, ride through mud puddles, not around them widening the trail. Stay on existing trails and do not create new ones. Don't cut switchbacks or otherwise modify the existing trail.
- 35. **PASS WITH CARE.** Let others know of your presence well in advance. Use a chime or audible greeting to avoid startling others. Be especially careful when passing a horse, as each will react differently; stop and ask the rider for instructions. By asking if the horse is easily spooked, you show an awareness of the rider's needs. Sometimes it may be necessary to dismount and remove your bike from the trail to allow others to pass. Being sensitive to how others perceive you will assure a positive image for your sport and minimize the restrictions that follow confrontations and negative encounters. Remember that bicycles in the backcountry can be an unwelcome experience for horses and hikers.
- 36. **RESPECT WILDLIFE AND LIVESTOCK.** Do not frighten animals. Pedestrians with pets on leashes have the right of way. Sometimes it may be necessary to dismount and get off the trail to allow others to pass. Close gates as you pass through, unless it appears obvious that they have been intentionally left open.
- 37. **DO NOT LITTER.** Pack out what you pack in, and if possible, carry out more than you share.

YELLOW LEVEL CONSEQUENCE

- 38. **PLAN AHEAD.** Know your equipment, your ability, and the area in which you are riding, and prepare accordingly. Be self-sufficient at all times, keep your equipment in good repair, and carry necessary gear for changes in weather, the onset of darkness, or other inclement conditions. If distances are involved, do not travel alone. Leave word where you plan to go and when you plan to return. A well-executed trip is a satisfaction to you and not a burden to others.
- 39. **MATCHING JERSEY REQUIRED.** As outlined in the Utah League Rulebook, no wearing a matching team jerseys at the race will result in an Orange Level Consequence under the League rules.
- 40. **DO NOT MODIFY THE RACE COURSE.** As outlined in the Utah League Rulebook, intentionally modifying the race course will result in an Orange Level Consequence under the League rules.
- 41. **DO NOT RIDE THE RACE COURSE BACKWARDS.** As outlined in the Utah League Rulebook, riding the race course backwards will result in an Orange Level Consequence under the League rules.

MEDICAL

- 42. **MEDICAL.** Any student-athlete with a medical condition will carry with them at all practices and races any needed medications and supplies. Coaches will be notified of such conditions at the beginning of the season.
- 43. **INJURIES.** Any injuries or medical conditions that would affect your ability to safely ride a bicycle must be reported to your coach. It will be the coaches' decision to clear riders again after an injury and may require a medical release as determined by the coach. Any reported possible concussions will require a medical release before returning to practice.
- 44. **SEVERE INJURY.** A ride may be stopped by the lead coach in the case of severe injury to a rider or life threatening weather. Riders failing to heed the instruction of medical personal and/or coaches attending to an injured rider will be disqualified!

RED LEVEL CONSEQUENCE

45. **CONCUSSIONS.** If a concussion is suspected, a rider may not be allowed to return to ride with the team until a proper medical release from a doctor is received by the lead coach. Work with the lead coach to take the proper steps with helping the rider return into activity. See the Appendix – Concussions in the back of this book for more information.

ATTENDANCE

Attendance records will be kept starting June 1 until one-week before the final mountain bike race. Enrolled student-athletes are required to have an attendance record of two-thirds (2/3) present. A member not willing to attend at least two of the three required practice rides a week may be subject to consequences. Attendance of all team meetings is required for members. Exceptions must be agreed upon with the Head Coach prior to the team event. The consequence for not attending practice rides depends on the reason for absence. Consequences are administered as follows:

- a) When a student-athlete misses one-sixth (1/6) of the scheduled calendar practice events and rides, and/or 3 days for unexcused reasons. A written warning is issued and the student-athlete becomes ineligible for one Saturday ride, if no immediate improvement is observed.
- b) When a student-athlete misses one-third (1/3) of the scheduled calendar practice events and rides, and/or 5 days for unexcused reasons. A written warning is issued and the student-athlete becomes ineligible for two Saturday rides, if no immediate improvement is observed.
- c) When a student-athlete misses one-half (1/2) of the schedule calendar practice events and rides, and/or 7 days for unexcused reasons. The student-athlete is dismissed from the team, with no refund of expenses paid. The student-athlete may re-enroll for the team next season.

Excused absences include, but not limited to: sickness or injury, religious or family obligations, mechanical problems, racing, school projects coming due within five school days after being assigned. All excused absences must be approved by the Head Coach.

Unexcused absences include, but not limited to: work scheduling, school work, forgetting, poor time management, oversleeping, and inoperable bicycle. Permission for independent training may be granted for planned, verifiable, and approved training. This must be pre-approved by the Head Coach.

Resignation or Removal

Resignation. Any student-athlete, coach, or ride leader may resign at any time by giving reasonable written notice to the Head Coach. Such resignation, which may or may not be made contingent on formal acceptances, take effect on the date of receipt or at any time specified. No refunds will be given for notification of resignation after June 1. A maximum 50% refund of any paid team fees for the current year will be given, if applicable. This does not include fees paid to NICA and the League.

Removal. The combined consensus of at least three supervising coaches: the Head Coach, the Team Director, the supervising Assistant Coach, and/or the supervising ride leader have the power to remove a student-athlete after notice and for good cause such as failure to perform in a timely and appropriate manner at team practices, personal conduct, violating team or League / NICA agreements, and/or make statements damaging to the best interests of the WGC team, the WGC team goals or programs.



EQUIPMENT

One of the first steps in setting your student-athletes up for success as mountain bikers is making sure they have appropriate equipment and clothing. This helps promote safety. Riders will need to provide their own bicycle, helmet, accessory equipment, and clothing. If the student needs financial help getting equipment or a bike, there are resources available. The Utah High School Cycling League also has sponsorships available. Contact the Team Director for more information.

Team Clothing

Team jerseys are required to compete in races. Information on how to purchase jerseys will be provided to the team before each season starts.

Bicycle

The ideal bike for team riders is a cross-country mountain bike that fits them well, is relatively lightweight, and, ideally, has front suspension. Mountain bikes are available in many different types and levels of quality. The term "mountain bike" is a vague and broad term. Not every bike marketed as a "mountain bike" is suitable for racing. An unsuitable bike will not hold up to the daily use of training and racing.

In terms of cost, expect a new race-worthy mountain bike to run about \$1000. Members of the team are eligible for discounts on bicycles through NICA of some select manufacturers. Contact the Team Director for more details. Used bikes can also work, but if the bike is very old and worn, or is the wrong size, it is not a good solution.

CROSS COUNTRY BIKE

Designed for uneven terrain and the surprises the countryside may hold



The sizing of the bike to the rider is important. A bike that is an acceptable size will allow proper leg extension for pedaling. Another important consideration is the reach from the saddle to the handlebars. The rider should be able to comfortably reach the handlebars. The saddle can be moved up and down within certain limits, and stems can be changed for a better fitting bike.

Mountain bikes are made in different frame sizes and also different wheel sizes to fit the body of the cyclist. A tall rider would use the tall bikes (XL frames) and shorter riders would use a small frame (S). There are limits on how much a bike can be modified to fit a particular rider.

Adult Mountain Bike Sizes



Use chart as a reference only. Consult your local bike shop for correct sizing.

Bicycle sizing is commonly designated by a measurement from the center of the cranks along the length of the seat tube. It is best to consult a competent bicycle shop or an experienced rider for advice on the correct size bike. Again, contact your MTB coaches if in doubt. The table to the right has some very rough guidelines for frame sizing using body height.

NICA race equipment rules are: mountain bikes only, no bar ends (to keep hands on the brakes), no single-speeds.



Bike Design

There are two basic designs for mountain bikes, referred to as "hard tail" and "full suspension". All mountain bikes considered for racing should have a front suspension fork.

Hard Tail Bikes

These bikes use a main frame with no rear suspension. The front wheel can move with the front suspension fork, but the rear wheel is fixed to the main frame. For the type of racing in the NICA league in Utah, a hard tail bike is acceptable. These bikes are generally lighter compared to full suspension bikes.



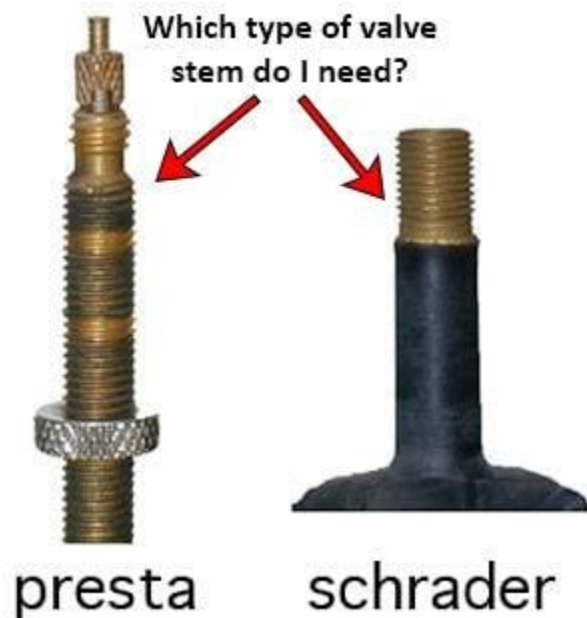
Full Suspension Bikes

These bikes use a front suspension fork, and a moving rear frame that allows the rear wheel to articulate and move over bumps independent of the main frame. Full suspension bikes tend to be more expensive and are also somewhat heavier. For racing in very rocky or bumpy terrain, the full suspension can be useful.



Drive Train

Useable mountain bikes come in 8, 9 and 10 rear cog systems. Avoid bikes with 7 rear cogs as these do not offer good quality parts to take the wear and tear of riding. Also avoid bikes with a screw-on style freewheel. The modern cassette cogs and freehubs are a better system with more options for parts. When possible, avoid shifting system that mount shifters directly into the brake levers.



Tires and Tubes

Presta and Schrader valves.

Helmet

Each rider shall have an approved helmet that is not more than 5 years old. Skateboard-style helmets are not approved nor designed for mountain biking. If the helmet has cracks, dents, or flexes under pressure, it is no longer effective and needs to be replaced. A properly fitting helmet should not be able to move much on the rider's head when properly secured. Helmets using a "harness" system inside the shell that keeps the helmet correctly centered to the head. Please refer to the Giro Proper Helmet Fit Instructions (https://www.nationalmtb.org/blog/wp-content/uploads/2013-Giro-Bike-Helmet-101_short.pdf) for more information. Additionally, refer to

Helmets in the Appendix at the back of this Rules & Guidelines book.

Shoes and Pedals

The common pedal with no attachment to the shoe is called a "platform" pedal. These are used with sneakers. The platform pedal is an acceptable way to begin training and racing.

There are also special cycling shoes for mountain biking that attach to compatible pedals. These are called "clipless pedals". It is not necessary to start with these, however, with time and experience they are a good investment. The clipless system can help keep the feet on the bike during bump terrain as an added safety feature.



Platform pedal and "street shoes"



Clipless pedal and cleated cycling shoe

Clothing

For team practices, riders should wear a t-shirt or tank top and athletic shorts for off-the-bike exercises. For team rides, it is recommended to wear padded cycling shorts. You can put on looser-fitting shorts on top of the cycling shorts. This clothing is important for the rider's comfort and performance. Cycling specific padded shorts are a great investment. For short rides, any regular shorts will work, but longer rides will result in chafing.



Shorts

Cycling specific shorts are made with padding in the crotch and are intended to be worn without underwear. There are two basic types of cycling specific shorts. The traditional tight fitting cycling spandex styles favored by road riders. There are also the “baggy shorts” seen on touring cyclists and some mountain bikers. Baggy shorts simply have a liner that is the short version of the spandex padded shorts. This is covered up by the baggy shorts worn over them. For care and washing of your cycling clothing, see the appendix for “Washing and Caring for Cycling Clothing”.

Gloves

For most workouts, fingerless gloves are recommended. These protect the hands and are not too hot to wear. These are available from bike shops. For cold weather, you should get long finger gloves.



Fingerless gloves (left) and full finger gloves (right)

Water Bottles with Cage or Backpack with Drinking System

Hydrate, hydrate, hydrate. For workouts, we need water, and it is best to carry someone your bike. This means a water bottle cage and a water bottle. Another option is the backpack type water systems, such as the “Camelback” systems.

Thin Warm Cap

Helmets help protect our brains but not from the cold. A thin cap to fit under the helmet extends our ability to train in cold weather. Too thick of material will make helmet fit difficult. The thin nordic ski caps are a good under-the-helmet choice.

Saddlebag with Tools and Tubes

During our training, the coaches will have some tools and tubes. However, it is good to be independent. Get a small saddlebag and carry a spare inner tube and some basic tools to help you get going again.

Eyewear

Some mountain bikers wear sunglasses to provide better visibility when riding on sunny days. Others wear them to prevent against hazards such as dirt, insects and overhanging branches that can cause minor to severe eye injuries. However, the reason that is most often overlooked is protecting the eyes from damaging ultraviolet (UV) light rays.

For optimum protection, it is imperative to wear lenses that block 99 to 100 percent of UV rays. Beware of dark lenses that don't block 99 to 100 percent of UV rays as they actually cause more damage than wearing nothing at all. The dark lenses allow your pupil to dilate, which gives harmful UV rays more access to your eyes.

Sunscreen

Skin cancer is the most common cancer. Almost 100% of skin cancer deaths could be avoided through prevention and early detection.

Sunburn Prevention Tips:

- Sunburn less. Ride more – wear a helmet with a visor while riding, a hat, sunglasses, long sleeve shirt and sunscreen that blocks both UVA and UVB rays.

Sunscreen Tips:

- Apply sunscreen 30 minutes before going outdoors.
- Reapply several times a day – every 2 hours and after a race (more frequently if needed).
- Apply on sunny AND cloudy days.
- Use the Buddy System – pick a buddy and remind them to be sun safe daily. Ask your buddy, “Did you remember to wear your sunscreen today?” Remind them to reapply. Tell them if they are sunburned.

Visit <http://www.johnwayne.org/blocktheblaze> for more information and to make a donation to fight skin cancer.

Information on Equipment provided by: NICA Coach Manual and <https://www.stillwatermtb.com/how-to-join/equipment>



Athlete Abuse Prevention Overview

Contents-

Section 1- [Prevention Overview and Policies](#)

Section 1.1- [Overview of NICA's background check policies](#)

Section 2- [NICA-wide Prevention and Reporting Training](#)

Section 2.1- [Prevention and Reporting Substitution](#)

Section 3- [In-depth Mandatory Reporting Details with 2018 Update](#)

Section 4- [Prevention Communications and Additional NICA Athlete Abuse Prevention Resources](#)

Prevention Overview and Policies

All NICA Leagues have adopted the NICA Athlete Abuse Prevention Program. This document's purpose is to communicate NICA's standard of care in sexual abuse prevention including prevention training, prevention policies and mandatory reporting. The intended viewer of this information is anyone volunteering or coaching for a NICA team and NICA staff.

The following constitute the policies of **National Interscholastic Cycling Association** with regard to awareness and prevention of abuse within our organization:

- NICA is committed to providing a safe environment and to prevent athlete abuse and sexual misconduct.
- NICA will make every reasonable effort to ensure that every person involved in coaching/training/managing a sport activity in our organization will abide by the Athlete Abuse Prevention protocols.
- NICA will make every reasonable effort to exclude any adult with a legally documented history of athlete abuse/molestation or any other conviction or record that would bring unnecessary risk to the health and safety of the participants of this organization.
- NICA will perform an annual criminal background check on every person in our organization who works with youth.
- NICA will take appropriate action on all allegations of athlete abuse and/or sexual misconduct. All allegations will be reported immediately to the authorities for investigation and we will cooperate fully with any such investigation.

Team Directors, Head Coaches, Coaches, and Volunteers should be aware of the following NICA Athlete Abuse Prevention policies:

- To maintain Student-Athlete safety year-round All NICA Athlete Abuse Prevention policies related to student-athlete and coach interaction must be followed year-round

- All 1:1 interactions between a student-athlete and licensed coach must:
 - be observable & interruptible. That is, they must take place someplace where another adult can see what is happening and intervene if the communication looks inappropriate. This includes individual training sessions like private lessons.
 - Meetings in a room must have the door open and unlocked, and blinds open on the windows.
 - Meetings cannot take place in an applicable licensed coach's hotel room or "other overnight lodging location" if a team is traveling.
 - Licensed coaches may never be alone with a student-athlete in the car UNLESS they are immediate family members
 - Never intentionally set-up a situation where they may be 1:1 with student-athlete
- Provide more than one licensed coach working at or overseeing every activity whenever possible and avoiding 1:1 situations. If a student-athlete needs special attention, it will be handled with the assistance or presence of another licensed coach
- Physical, mental, and verbal abuse of any of the participants, coaches, managers, employees, volunteers involved in our sponsored activities is not permitted
- Inappropriate touching of any kind is forbidden
 - Coaches are not allowed to give student-athletes massages or rubdowns, even if the coach is a licensed massage therapist.
- Procedures should be set-up at the beginning of the season with parents for coaches to follow if a student-athlete is stranded at an activity
- Parents are encouraged to attend NICA activities
- All NICA Coaches are Mandatory Reporters who are legally required to report suspected abuse of any NICA student-athlete to their local Athlete Protective Services (if in doubt of which agency to contact, you may do an internet search or contact your local law enforcement for guidance).

Overview of NICA's background check policies:

The National Interscholastic Cycling Association requires that all NICA Coaches, NICA National, state League employees, Core Race Staff and Management positions comply with NICA policy on criminal background checks.

For more information on NICA background checks, please visit our [NICA background check webpage](#).

NICA-wide Prevention and Reporting Training

NICA has contracted with Abuse Prevention Systems to provide Athlete Abuse Awareness Training through our Litmos Coach Training Website.



Prevention and Reporting Substitution

NICA recognizes being current in the US Center for SafeSport™ "Trained" online "Core Course" or "Refresher" as a substitute to our Online Abuse Prevention Systems Training. To request a substitution, please email your current course certificate to coachlicensing@nationalmtb.org and we will update your Pit Zone profile.

Note: As a clarification, SafeSport requires a "Core Course" every three years and a "Refresher Course" every year in between. If you took either SafeSport Course more than 12 months ago, you would need to take the appropriate course and share that certificate to have an eligible substitution.

In-depth 2019 Mandatory Reporting Update

NICA updated its mandatory reporting process in 2019 to meet the requirements of the SafeSport Act and anticipated future mandatory reporting legislation.

If a person who is a mandatory reporter* suspects athlete abuse, please follow the guidance in the below documents and contact chris@nationalmtb.org with any questions.

- [NICA Suspected Abuse Reporting Guidance](#)
- [NICA Form to Document Suspected Student Athlete Abuse/ Neglect](#)

*NICA defines the following leaders as Mandatory Reporters:

- NICA Coaches
- NICA Core Race Staff
- NICA Camp Staff
- NICA League Directors and League Staff

Prevention Communications and Additional NICA SafeKids Resources:

- [Code Of Conduct](#)
- [Coaches Risk Management 1](#) (see above in prevention training)
- [NICA Handbook](#)
- [Coach Licensing Emails](#)

[Code Of Conduct](#)

NICA Athlete Abuse Prevention Excerpts from Code of Conduct-

Respect

- I will respect my teammates, competitors, and other trail users
- I will never trash talk, bully, insult or use inappropriate language while at NICA events or representing NICA.
-
- I will seek consent before touching, hugging and otherwise embracing teammates and coaches
- I understand and will follow the NICA Rules and Guidelines. I also understand that failure to do so may lead to my suspension or expulsion from League activities.

-

[NICA Handbook](#)

NICA Athlete Abuse Prevention Excerpts from Rulebook-

RULE 2.5 ABUSIVE BEHAVIOR NOT TOLERATED

RED LEVEL CONSEQUENCES

No student-athlete may inappropriately or unwelcomingly touch another person, or cause physical harm to, or engage in any behavior that may be considered abuse, assault, or do battery to any other student-athlete, official, spectator, or anyone connected with or attending any NICA or League event. An assault is an unlawful attempt, coupled with the present ability,

to commit a violent injury on the person of another. A battery is any willful and unlawful use of force or violence upon the person of another. Unsafe racing practices including swerving, suddenly stopping, willfully crashing into another rider, grabbing another student, or pushing another student may be abusive behavior, or possibly assault and battery.

RULE 2.11 SEXUAL HARASSMENT POLICY

RED LEVEL CONSEQUENCES

2.11.A NICA and the Leagues strictly prohibit sexual harassment in any form, including verbal, physical, and visual harassment. Sexual harassment is defined as unwanted sexual advances, or visual, verbal or physical conduct of a sexual nature. This definition includes many forms of offensive behavior and includes harassment of a person of the same sex or based on gender. Sexual harassment includes: unwanted 2020 Student Athlete Rules 11 sexual advances or visual conduct such as leering, making sexual gestures, displaying of sexually suggestive objects or pictures; verbal conduct such as making or using derogatory comments, epithets, slurs and jokes, verbal sexual advances or propositions; and physical conduct such as touching or blocking movements.

2.11.B Any student-athlete who believes he or she has been sexually harassed by an employee, agent, or another student should promptly report the facts of the alleged incident(s) and the name of the individual involved to any adult school staff member or League representative or other party with whom they feel comfortable. That person must report the incident to the school site administrator or, if the administrator is the alleged harasser, to the Superintendent. The initiation of an allegation of sexual harassment by a student-athlete will not adversely affect matters pertaining to his or her status in any League program or activity.

2.11.C If any student, coach, parent, volunteer, or employee feels they have been sexually harassed at a NICA or League event, they should report the incident immediately to their League director or NICA director. If any student, coach, parent, volunteer, or employee feels they have been a victim of abuse, assault, or battery at a League event, they should report the incident immediately to their League director or NICA director. All reports will be handled in a confidential manner.

RULE 3.2 POSITIVE SPORTING BEHAVIOR

RED LEVEL CONSEQUENCES

3.2.A It is required that all coaches, parents, and guardians demonstrate respect for and deference to the person and the decisions of the League officials as it relates to sporting behavior of studentathletes, themselves, and other League officials. A failure to exhibit respectful behavior may result in restrictions imposed on the coach, the parent, or a

student-athlete's participation in the League. League officials have complete and total discretion for the implementation of the rules, especially in regard to sporting behavior.

3.2.B Coaches, parents, and guardians will also display mature and positive behavior during every event and in all interactions at all times with student-athletes, other parents, other coaches, and League officials. Coaches, parents, and guardians are role models to studentathletes, and must demonstrate a fair and calm response in the face of protests, complaints, conflicts, or emergencies. Coaches, parents, and guardians are expected to be focused on helping student-athletes develop positive character traits, learn life lessons, and grow into healthy young adults.

Coach Licensing Emails

Coaches receive a number of email notifications to remind them of their licensure requirements and duties as a mandated reporter. All coaches, student-athletes, and parents also receive a listing of licensed coaches so that all teams can ensure that those working with our student-athletes have been properly trained and vetted per our licensure requirements.

At the start of each preseason (mid-April for fall leagues, mid-October for spring leagues), coaches receive a communication that reminds them of the minimum requirements that they need to meet in order to be licensed and able to work with student-athletes. This communication is identified as [CL 1](#).

About a week after the CL 1 goes out, all coaches receive a communication outlining their responsibilities as a mandated reporter. The first communication goes out shortly after the preseason has begun (mid-April for fall leagues and beginning of November for spring leagues). This communication is identified as [MR 1](#).

After the start of the regular season (mid-July for fall leagues and mid-January for spring leagues) coaches receive a second reminder of the minimum licensure requirements they need to meet prior to working with student-athletes. This communication is identified as [CL 2](#).

Prior to the start of the race season (mid-late August for fall leagues and beginning of February for spring leagues) all coaches, student-athletes and parents receive a listing of all coaches who have met the minimum licensure requirements. This enables all parties involved to ensure that those working with our student-athletes have been properly trained and vetted through our licensure program. This communication is identified as [CL 3](#).

The second mandatory reporter communication goes out at the start of the race season (beginning of September for the fall leagues and beginning-mid February for spring leagues). This communication is identified as [MR 2](#).

CONTACT 9-1-1 IMMEDIATELY IF YOU OR SOMEONE ELSE IS FACING A THREAT OF VIOLENCE

NICA Mandatory Reporting Overview and Process

NICA Mandatory Reporting Requirements mandated by Federal Law*

NICA is an amateur youth sport organization as defined in the Safe Sport Authorization Act and associated Federal Laws. The Safe Sport Authorization Act defines any adult authorized by NICA to interact with NICA Student-Athletes as mandatory reporters. The following roles are specifically identified as year-round mandatory reporters:

- NICA Coaches
- NICA Core Race Staff
- NICA Camp Staff
- NICA League Directors and League Staff
- NICA National Staff

WHAT IS REPORTABLE

The Safe Sport Authorization Act requires mandatory reporters to report 'suspected' sexual, physical, emotional or other abuse AND/OR neglect of NICA Student-Athletes. As the term "suspected abuse" is used in the law, if in doubt, REPORT.

HOW TO REPORT

STEP 1: LISTEN, OBSERVE AND DOCUMENT

Fill out this [NICA Form to Document Suspected Student-Athlete Abuse/ Neglect](#)

Note: Past Reportable Events

It is possible that this exercise will bring to mind past events that should have been reported.

It is never too late to do the right thing. Suspicions or allegations that should have been reported in the past SHOULD BE REPORTED NOW. In the event that a past reportable event arises, follow the process and report to appropriate authorities.

STEP 2: DETERMINE WHICH REPORTING AUTHORITY IS APPROPRIATE FOR YOUR CITY, COUNTY OR STATE

Finding the reporting authority in your city or county is as simple as doing a quick internet search. Using Madison, WI as an example, perform an online search for 'child abuse reporting hotline Madison Wisconsin'. The first search result provides a county and tribe contact map for reporting within the state of Wisconsin.

Call the provided number and confirm that you have reached the appropriate entity or agency for your location, request the information needed to complete a suspected abuse/ neglect report, and the

appropriate process for making a suspected abuse/ neglect report. (*Example: time frame requirements, written vs. oral reports, etc.*)

STEP 3: MAKE A REPORT TO AUTHORITY WHEN ABUSE/NEGLECT IS SUSPECTED

Make an oral or written suspected abuse/ neglect report to the reporting authority from “Step 2.”

STEP 4: SUBMIT REPORT TO NICA

The following two documents should be immediately forwarded to your league director and NICA Director of Risk Management and Training, Chris Spencer via chris@nationalmtb.org, when a suspected abuse/ neglect report is made.

- Copy of Reporting Agency Suspected Abuse Report
- NICA Form to Document Suspected Student-Athlete Abuse/Neglect

*On February 14, 2018, President Donald Trump signed new federal legislation into law: *Protecting Young Victims from Sexual Abuse and Safe Sport Authorization Act of 2017*. ([Learn more](#)). The new federal law expands the list of mandatory reporters to include ‘covered individuals’, defined as *an adult who is authorized by a ... amateur youth sport organization ... to interact with a minor or amateur athlete*. Though the new law expands the list of mandatory reporters, it does not create a new mechanism or entity to receive reports of abuse, neglect or maltreatment arising in youth sport contexts. Instead, all reports should be made to the appropriate authority in your state or county.

Form to Document Suspected Student-Athlete Abuse/ Neglect

(Please click File-->Make a Copy to create your own version of the form to submit to NICA; Please use the Reporting Agency's Form to report suspected abuse directly to the Reporting Agency.)

Today's date:

Person Making Report (Name):

League and Team Affiliation of Person Making Report (if applicable):

NICA Position(s)/Title(s):

Home Address:

Home or Cell Number:

Information About Suspected or Known Abuse/ Neglect

Nature of Suspected or Known Abuse (Sexual Abuse, Neglect, Physical Abuse, Emotional Abuse):

Reason to believe that the Child is a Victim, Including the Source of your Information:

Was the abuse during NICA Programming: Yes OR No

Description of Nature and Extent of Suspected Abuse/Neglect/Mental Injury:



Information About the Child:

Full Name of Child:

Sex: Male__ Female__ Other__

Gender Identity:

Race:

Age:

Birthdate:

Information About the Suspected Abuser:

Name:

Relationship to the Child:

Relationship, if any, to NICA generally:

Relationship, if any, to NICA Student-Athletes or other Volunteers:

Information About the Abuse Reporting Authority

Name of Reporting Authority:

Location of Department:

Telephone Number:

Email:



Date when called or report electronically submitted:

Time when called or report electronically submitted:

Person to Whom Oral Report Was Made:

File # or Confirmation # of Report:

Signature of Reporter:

Please consult the [NICA Mandatory Reporting Webpage](#) for instructions on reporting suspected child abuse/ neglect. When a suspected abuse/ neglect report is made to a Reporting Agency send a copy of that report and this completed NICA Form to Document Suspected Student-Athlete Abuse/Neglect to your league director and NICA Director of Risk Management and Training, Chris Spencer via chris@nationalmtb.org. Keep any copies of these reports that you may retain secure and confidential.



SafeKids Program

All NICA affiliated Leagues have adopted the *SafeKids* Program and this documents is enclosed to advise all Team Directors and coaches of the policy.

The following constitute the policies of National Interscholastic Cycling Association and the Utah High School Cycling League with regard to awareness and prevention of abuse within our organization:

- **NICA/Utah League** is committed to provide a safe environment and to prevent child abuse and sexual misconduct.
- **NICA/Utah League** will make every reasonable effort to ensure that every person involved in coaching/training/managing a sport activity in our organization will abide by the *SafeKids* guidelines.
- **NICA/Utah League** will make every reasonable effort to exclude any adult with a legally documented history of child abuse/molestation or any other conviction or record that would bring unnecessary risk to the health and safety of the participants of this organization.
- **NICA/Utah League** will perform a criminal background check on every person in our organization.
- **NICA/Utah League** will take appropriate action on all allegations of child abuse and/or sexual misconduct. All allegations will be reported immediately to the authorities for investigation and we will cooperate fully with any such investigation.

Team directors, Head Coaches, Rider Leaders, and General Volunteers should be aware of the following policies:

- Physical, mental, and verbal abuse of any of the participants, coaches, managers, employees, volunteers involved in our sponsored activities is not permitted.
- Inappropriate touching of any kind is forbidden.
- Providing more than one adult working at or overseeing every activity whenever possible and seek to avoid one-on-one situations. If a child needs special attention, it will be handled with the assistance or presence of another adult.
- Employees/coaches/trainers should not socialize with the participants outside of the sponsored activities of the organization.



SafeKids Program

- Employees/coaches/trainers should never ride alone with a child or participant in the car.
- Procedures will be established for employees/coaches/trainers to follow in the event a participant is stranded at an activity.
- Parents are encouraged to attend sponsored activities
- It is the intent of the owner and management to deny a position to anyone convicted of a crime of violence or a crime against another person.

<p>If misconduct is reported or suspected contact:</p> <p>Utah League Director Dallen Attack 801-643-9906 dallen@utahmtb.org</p>	<p>In case you see or hear a situation that could cause physical, mental or emotional abuse to a child or participant; do the following:</p> <ol style="list-style-type: none">1. Give immediate aid to child or participant.2. Call local law enforcement in case of emergency or if the incident requires it.3. Contact and report to Division of Child and Family Services Hotline - 1 (855) 323-3237.4. Contact the Utah High School League Director.
--	---

A FACT SHEET FOR High School Parents



This sheet has information to help protect your teens from concussion or other serious brain injury.

What Is a Concussion?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

How Can I Help Keep My Teens Safe?

Sports are a great way for teens to stay healthy and can help them do well in school. To help lower your teens' chances of getting a concussion or other serious brain injury, you should:

- Help create a culture of safety for the team.
 - Work with their coach to teach ways to lower the chances of getting a concussion.
 - Emphasize the importance of reporting concussions and taking time to recover from one.
 - Ensure that they follow their coach's rules for safety and the rules of the sport.
 - Tell your teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. There is no "concussion-proof" helmet. Even with a helmet, it is important for teens to avoid hits to the head.

How Can I Spot a Possible Concussion?

Teens who show or report one or more of the signs and symptoms listed below—or simply say they just "don't feel right" after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

Signs Observed by Parents

- Appears dazed or stunned
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events *prior to or after* a hit or fall

Symptoms Reported by Teens

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness, or double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Confusion, or concentration or memory problems
- Just not "feeling right," or "feeling down"

Talk with your teens about concussion. Tell them to report their concussion symptoms to you and their coach right away. Some teens think concussions aren't serious or worry that if they report a concussion they will lose their position on the team or look weak. Remind them that *it's better to miss one game than the whole season.*

**GOOD TEAMMATES KNOW:
IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.**



cdc.gov/HEADSUP

CONCUSSIONS AFFECT EACH TEEN DIFFERENTLY.

While most teens with a concussion feel better within a couple of weeks, some will have symptoms for months or longer. Talk with your teens' healthcare provider if their concussion symptoms do not go away or if they get worse after they return to their regular activities.



Plan ahead. What do you want your teen to know about concussion?

What Are Some More Serious Danger Signs to Look Out For?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1, or take your teen to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other
- Drowsiness or inability to wake up
- A headache that gets worse and does not go away
- Slurred speech, weakness, numbness, or decreased coordination
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching)
- Unusual behavior, increased confusion, restlessness, or agitation
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously

Teens who continue to play while having concussion symptoms or who return to play too soon—while the brain is still healing—have a greater chance of getting another concussion. A repeat concussion that occurs while the brain is still healing from the first injury can be very serious, and can affect a teen for a lifetime. It can even be fatal.



What Should I Do If My Teen Has a Possible Concussion?

As a parent, if you think your teen may have a concussion, you should:

1. Remove your teen from play.
2. Keep your teen out of play the day of the injury. Your teen should be seen by a healthcare provider and only return to play with permission from a healthcare provider who is experienced in evaluating for concussion.
3. Ask your teen's healthcare provider for written instructions on helping your teen return to school. You can give the instructions to your teen's school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer.

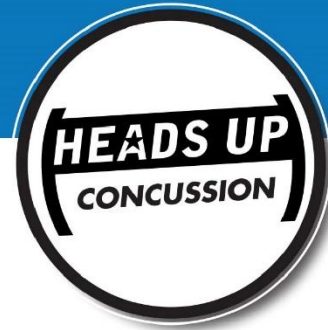
Do not try to judge the severity of the injury yourself. Only a healthcare provider should assess a teen for a possible concussion. You may not know how serious the concussion is at first, and some symptoms may not show up for hours or days. A teen's return to school and sports should be a gradual process that is carefully managed and monitored by a healthcare provider.

Revised January 2019

To learn more,
go to cdc.gov/HEADSUP



PARENT & ATHLETE CONCUSSION INFORMATION SHEET



WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head or body that causes the head and brain to move quickly back and forth. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious.

WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?

Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury.

If an athlete reports one or more symptoms of concussion after a bump, blow, or jolt to the head or body, s/he should be kept out of play the day of the injury. The athlete should only return to play with permission from a health care professional experienced in evaluating for concussion.

SYMPTOMS REPORTED BY ATHLETE:

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not "feeling right" or is "feeling down"

DID YOU KNOW?

- Most concussions occur without loss of consciousness.
- Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.

SIGNS OBSERVED BY COACHING STAFF:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall



**"IT'S BETTER TO MISS ONE GAME
THAN THE WHOLE SEASON"**

CONCUSSION DANGER SIGNS

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously)

WHAT SHOULD YOU DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION?

1. If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play.
2. Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, and playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.
3. Remember: Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

WHY SHOULD AN ATHLETE REPORT THEIR SYMPTOMS?

If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. They can even be fatal.

STUDENT-ATHLETE NAME PRINTED

STUDENT-ATHLETE NAME SIGNED

DATE

PARENT OR GUARDIAN NAME PRINTED

PARENT OR GUARDIAN NAME SIGNED

DATE

JOIN THE CONVERSATION ➡ www.facebook.com/CDCHeadsUp



TO LEARN MORE GO TO >> [WWW.CDC.GOV/CONCUSSION](https://www.cdc.gov/concussion)

Content Source: CDC's Heads Up Program. Created through a grant to the CDC Foundation from the National Operating Committee on Standards for Athletic Equipment (NOCSAE).



Evaluation for suspected concussion (for coaches, parents and race staff)

Use this tool to assist in identifying athletes with possible concussion and appropriately refer them for medical evaluation.
Using this tool should not replace evaluation by a trained medical provider.

Once a head injury is suspected, identify any signs or symptoms that represent an emergency. If any of these present, call 911.

- **Neck pain/tenderness**
- **Double Vision**
- **Weakness/tingling in arms/legs**
- **Severe/increasing headache**
- **Seizures**
- **Loss of consciousness**
- **Vomiting**
- **Increasingly restless/agitated or combative**

Identify possible spinal cord injury, if concerned, wait for trained personnel before moving athlete or helmet.

If emergency intervention is not required, assess the athlete for signs and symptoms of concussion.

SIGNS

- **Slow to get up after hit to head**
- **Disorientation/confusion**
- **Balance problems**
- **Incoordination**
- **Facial injury**
- **Blank stare**
- **Slow speech**

SYMPTOMS

- **Headache/Pressure in head**
- **Nausea or vomiting**
- **Dizziness**
- **Sensitivity to light or sound**
- **More emotional/irritable**
- **Neck pain**
- **Difficulty with concentration**
- **Difficulty with memory**
 - Ask questions to assess memory “where are we today?” “Where was our last practice?” “What day is it?”
- **Fatigue**
- **Nervous/anxious**

If concussion is suspected, the athlete should not return to riding that day. He or she may not return to practice/racing until evaluated by a medical professional.

The athlete should not be left alone and should not drive themselves home. They should be left only in the supervision of an adult/parent.

Once they have been cleared by a physician, they may work towards riding following the league return-to-play guidelines.



Acute Concussion Notification Form (to be given to parent or guardian)

Your child has symptoms consistent with a concussion. At this time, we have not identified any serious complications.

What is a concussion? A concussion is a brain injury caused by an impact to the head. You can't see a concussion – there does not need to be a sign of impact, such as a lump/bump or bruise, to the head for a concussion to be present. Signs and symptoms of a concussion may be present immediately, or can appear later, in the days to weeks following a concussion.

- Signs observed by parents, coaches, guardians: appears dazed/stunned, confusion, forgetfulness, clumsy movements, behavior/personality changes, memory before or after the impact affected
- Four types of symptoms are reported by athletes with concussions:
 - Physical
 - Headache, pressure in head, nausea/vomiting, balance problems, sensitivity to light/sound, neck pain
 - Cognitive
 - Trouble with concentration and memory, feeling foggy/hazy
 - Emotional
 - Feeling more emotional, nervous, sad, angry
 - Sleep/Energy
 - Mental fatigue, sleeping more or less than usual, trouble falling asleep

Recommendations/Requirements:

- Your child should be monitored by a responsible adult
- Make an appointment to see a physician/practitioner within the next 24-48 hours. Your child should not participate in physical activity until cleared by a physician. A signed letter of clearance will need to be completed by your child's physician/practitioner for them to return to practice/competition
- Your child should not drive until cleared by a healthcare professional
- Once cleared by his or her physician to participate in physical activity, your child should follow the graduated Return to Play guidelines (see additional page) to limit prolonged concussion symptoms
- Call 911/seek immediate medical attention if your child has any of the following symptoms: severe headache, seizure (uncontrolled jerking of arms/legs), weakness of arms/legs, repeated vomiting, loss of consciousness, can't recognize people or places, can't be awakened, slurred speech, drainage of blood/fluid from ears or nose, loss of bowel/bladder control

Additional information

- NICA coaches receive concussion education from the Centers for Disease Control (CDC) Heads Up Program. Additional information is also available for parents at <https://www.cdc.gov/headsup/highschoolsports/parents.html>

Davis GA, et al. Concussion Recognition Tool 5. *Br J Sports Med* 2017; 0:1.doi 10.1136/bjsports-2017-097508CRT5

Provance JP, et al. Management of Sport-Related Concussion in the Pediatric and Adolescent Medicine Population. *Orthopedics*. 2016 Jan-Feb; 39 (1); 24-30

Kerrigan JM, Giza CC. When in doubt, sit it out! Pediatric Concussion - an update. *Childs Nerv Syst* (2017) 33; 1669-1675

CDC Concussion Education - www.CDC.gov/headsup



Dear Physician/Practitioner:

Your patient has a suspected concussion. In accordance with other youth sports organizations, and the current evidence-based recommendations, the Utah High School Cycling league requires written clearance for this athlete to return to play. Please evaluate this patient and complete the attached form.

With your approval to return to play, our league will recommend the graduated return-to-play protocol shown below. Please include any additional restrictions you think are needed in your documentation. References are available below.

Please feel free to contact me at dallen@utahmtb.org with any additional questions.

Sincerely,
Dallen Attack
Utah High School Cycling League

Stage	Activity	Cycling Specific Exercise	Objective
1	No physical activity	No activity	Recovery and elimination of symptoms. Return to school. Obtain medical clearance.
2	Light aerobic activity	10-15 min of walking, or STATIONARY bike	Add light aerobic activity and monitor for symptoms.
3	Moderate aerobic activity, light resistance training	20-30 min cycling on pavement, with minimal elevation change. Push-ups/core/body weight strength exercises	Increase aerobic activity, add resistance training and monitor for symptoms
4	Hard aerobic activity, coordination, increased resistance training	30-60 min cycling on uneven surfaces, include hills. Progressive resistance training if desired	Increased intensity and coordination, monitor for symptoms
5	Full practice	Normal training activities, return to singletrack	Restore confidence, increased processing, coaches assess skills/coordination, monitor for symptoms
6	Return to sport	Normal riding and racing	Return to activity without restrictions
<ul style="list-style-type: none"> At least 24 hours for each step of the progression If any increase/return of symptoms, athlete should return to previous step until symptoms resolve Athlete should be completely symptom free at rest and during exertion prior to returning to full participation If symptoms persist, athlete should be referred back to physician/practitioner for further evaluation/referral 			

Acute Concussion Evaluation Tool: https://www.cdc.gov/headsup/pdfs/providers/ace_v2-a.pdf

Sport Concussion Assessment Tool: <https://bjsm.bmj.com/content/51/11/851> (SCAT5, Sport Concussion Assessment Tool – 5th Edition)

McCroary P et al. Consensus statement on concussion in sport – the 5th international conference on concussion in sport, held in Berlin, October 2016. British Journal of Sports Medicine 2018; 51: 838-847

Grool, A et al. Association Between Early Participation in Physical Activity Following Acute Concussion and Persistent Postconcussive Symptoms in Children and Adults. JAMA. 2016; 316 (23): 2504-2514

Elbin, RJ et al. Removal From Play After Concussion and Recovery Time. Pediatrics. September 2016; 138 (3).

Provance AJ et al. Management of Sport-Related Concussion in the Pediatric and Adolescent Population. Orthopedics. 2016; 39 (1): 24-30.

Kerrigan JM, Giza CC. When in doubt, sit it out! Pediatric Concussion – an Update. Childs Nervs Syst 2017; 3: 1669-1675.

May, K et al. Pediatrics Sports Specific Return to Play Guideline Following Concussion. The International Journal of Sports Physical Therapy. 2014; 9 (2): 242-255.



Medical Clearance to Return to Play Following Concussion
(must be completed by a physician/practitioner prior to returning to practice or race)

Athlete Name: _____ DOB: ____ / ____ / ____

School: _____ Date of Injury: ____ / ____ / ____

I have seen and evaluated the above athlete and feel it is safe for them to begin physical activity following the graduated return to play guidelines. They should not participate in unrestricted physical activity until symptom free at rest and with exertion. This athlete has the following additional restrictions:

Signature: _____ Date: _____

Printed Name: _____ Title: _____

Clinic Name: _____

Clinic Address/Phone: _____



Return-to-play guidelines following concussion

Stage	Activity	Cycling Specific Exercise	Objective
1	No physical activity	No activity	Recovery and elimination of symptoms. Return to school. Obtain medical clearance.
2	Light aerobic activity	10-15 min of walking, or STATIONARY bike	Add light aerobic activity and monitor for symptoms.
3	Moderate aerobic activity, light resistance training	20-30 min cycling on pavement, with minimal elevation change. Push-ups/core/body weight strength exercises	Increase aerobic activity, add resistance training and monitor for symptoms
4	Hard aerobic activity, coordination, increased resistance training	30-60 min cycling on uneven surfaces, including hills. Progressive resistance training if desired	Increased intensity and coordination, monitor for symptoms
5	Full practice	Normal training activities, return to singletrack	Restore confidence, increased processing, coaches assess skills/coordination, monitor for symptoms
6	Return to sport	Normal riding and racing	Return to activity without restrictions
<ul style="list-style-type: none"> • At least 24 hours for each step of the progression • If any increase/return of symptoms, athlete should return to previous step until symptoms resolve • Athlete should be completely symptom free at rest and during exertion prior to returning to full participation • If symptoms persist, athlete should be referred back to physician/practitioner for further evaluation/referral 			

May KH, et al. Pediatric Sport Specific Return to Play Guidelines Following Concussion. *The International Journal of Sports Physical Therapy* 9(2); April 2015; 242-255.

McCorry P, Meeuwisse W, Dvorak J, et al. Consensus statement on concussion in sport – the 5th international conference on concussion in sport held in Berlin, October 2016. *Br J Sports Med* 2018; 838-847

Elbin RJ, et al. Removal From Play After Concussion and Recovery Time. *Pediatrics* 138 (3); September 2016.

INSURANCE

The Utah League, it's teams, coaches, students and events are insured through National Interscholastic Cycling Association

NICA Leagues/Teams/Events - Commercial General Liability

\$1,000,000 Per Occurrence
 \$100,000 Damage to Rented Premises (any one (1) fire)
 \$1,000,000 Personal & Advertising Injury
 \$1,000,000 Participants' Legal Liability Limit
 \$5,000,000 Aggregate Limit of Liability Per Event
 \$1,000,000 Products & Completed Operations Aggregate
 \$1,000,000 Sexual Abuse Liability Each Person
 \$2,000,000 Sexual Abuse Liability Aggregate Per Event

Excess Liability Umbrella
 \$1,000,000 each occurrence
 \$1,000,000 aggregate

NICA Leagues/Teams Excess Accident Medical

\$10,000 Maximum Medical Expense for each Injury/\$500,000 Aggregate per policy year
 \$10,000 Accidental Death
 Deductible: \$1,000 per claim
 Benefit Period: 1 year





2020 Utah League Fees and Refund Policies

Registration timeline:

- Rider registration opens on April 1.
- Fees are paid through your account at pitzone.nationalmtb.org. The head coach must send each rider an individual invite in order to register and pay.
- Registration must be complete and the fees must be paid in order to attend team practices (aside from a single "try it out" practice).
- The deadline for on-time registration is June 19th.
- The deadline for late registration is July 3rd. A \$10 late fee will be applied between June 19th and July 3rd.

JULY 3rd AT 11:59 PM MOUNTAIN TIME IS THE FINAL REGISTRATION DEADLINE. RIDERS WILL NOT BE ABLE TO REGISTER AFTER THIS DEADLINE.

The Fees:

- **\$285 - High school riders** (9-12th grade in the 20/21 school year)
 - \$260 Utah League Fee + \$25 NICA Membership Fee
 - Covers league membership and practices
 - Covers 4 regional races
 - Covers the state championship race for qualifying riders
- **\$235 - Jr devo riders** (7-8th grade in the 20/21 school year)
 - \$210 Utah League Fee + \$25 NICA Membership Fee
 - Covers league membership and practices
 - Covers 3 regional jr devo races
- **Many teams have additional fees to cover kits and team operating costs.**

Refunds:

- The fees cannot be prorated based on the number of races an individual attends.
- No refunds will be given for a skipped race.
- The \$25 NICA Membership Fee is non-refundable.
- The Utah League Fee is refundable, minus a \$40 fee, for any reason before June 1, which is when the regular practice season begins.
- Starting June 1, the Utah League Fee is partially refundable for season-ending injuries or other medical reasons only. A doctor's note must be provided. Fees will be prorated based on the number of months into the season the injury occurred and the League was notified. Refunds cannot be made after the season has ended.
- No refunds are given for cancelled races. Please review the Weather Policy on the next page for weather policies.



Weather & Environmental Policy

Below is the policy for how the Utah League will conduct races in the event of challenging weather or other environmental conditions. Our primary consideration is the **safety of racers**, race support staff, race visitors, and potential damage to the race venue.

Any decisions regarding cancelling, postponing, or altering race start times, lap length, number of laps, etc. will be made by the Regional Director and the land manager if necessary. **Often this decision cannot be made until the day of the race due to the unpredictable and emergent nature of wet or stormy weather or other environmental conditions.** That said, we will do our best to make the call to change venue or reschedule a race by 12pm on the Thursday preceding race weekend.

In the event that a race is delayed, postponed, or cancelled, the Utah League will make every attempt to notify the racing population via email and social media updates as soon as possible.

Policy:

- Races are held on their scheduled dates and times unless the race course or weather/environment on the day of the race is deemed unrideable and/or dangerous.
- The Utah League will have the option to delay the start of a race from the published times if dangerous conditions exist on course. Race times will never be moved earlier on the day of the race.
- Courses and/or lap lengths may be altered or shortened because of weather/environmental conditions.
 - o The Utah League will advise of changes to race course or lap count at the pre-race coach meeting if changes are known at that time.
 - o Last minute changes will be broadcast to racers at the start of each field via the staging staff.
- All racing will stop immediately in the presence of lightning and thunder. Course marshals will direct racers off course where they can seek shelter in vehicles, trailers/RVs, or buildings.
- Re-starting a race that has been stopped (and course cleared) due to lightning (or other emergency);
 - o Depending on scheduling and number of laps completed, the race may be declared over. If time permits, racers will be directed to re-stage at the start line and an abbreviated race will be conducted.
- **Fees:**
 - o **Make-up races are included in the season fee in the event that a race is canceled and is rescheduled.**
 - o **No fees will be refunded in the event of a race cancellation due to weather or environmental conditions, even if the race is not rescheduled.**
- **Make-up races:**
 - o Up to 4 makeup races will be scheduled for the 2020 season. These dates will be used for the first four fully cancelled regional races in the season.
- **Race points:**
 - o If a race is cancelled (not able to be moved or rescheduled):
 - No team points will be awarded and the race will not be included in the season overall team point standings.
 - No individual points will be awarded and the race will not be included in the season overall individual point standings. Riders will not have a "drop race" and instead their overall season score will be based on the three completed regional races.
 - o If a race is partially completed (some fields complete their race and others do not):
 - No team points will be awarded and the race will not be included in the season overall team point standings.
 - Individual points will be awarded in all of the fields that completed their race and those fields will proceed through the season as normal.
 - No individual points will be awarded in the fields where races were not completed and the race will not be included in the season overall individual point standings. Riders in these categories will not have a "drop race" and instead their overall season score will be based on the three completed regional races.

Questions? Contact your Regional Director:

North - Kristine, kristine@utahmtb.org

East - Berta, berta@utahmtb.org

Central - Brooke, brooke@utahmtb.org

South - Ginger, ginger@utahmtb.org

GET A HEADS UP ON Bike Helmet Safety



While there is no concussion-proof helmet, a bike helmet can help protect your child or teen from a serious brain or head injury. The information in this handout will help you learn what to look for, and what to avoid when picking out a helmet for your child or teen.

Start with the Right Size:

BRING THE BIKE RIDER

Bring your child or teen with you when buying a new helmet to make sure that you can check for a good fit.

HEAD SIZE

To find out the size of your child's or teen's head, wrap a soft tape measure around his or her head, just above their eyebrows and ears. Make sure the tape measure stays level from front to back. (If you don't have a soft tape measure, you can use a string and then measure it against a ruler.)

SIZES WILL VARY

Helmet sizes often will vary from brand-to-brand, so it's important to check out the helmet brand's fit and sizing charts to find out what helmet size fits your child's or teen's head size.

Get a Good Fit:

GENERAL FIT

The helmet should fit snugly all around, with no spaces between the foam and bike rider's head.

ASK

Ask your child or teen how the helmet feels on their head. While it needs to have a snug fit, a helmet that is too tight can cause headaches.

HAIRSTYLE

Bike helmets are available for riders with long hair. Your child or teen should try on the helmet with the hairstyle he or she will wear while bike riding. Helmet fit can change if your child's or teen's hairstyle changes. For example, a long-haired bike rider who gets a very short haircut may need to adjust the fit of the helmet.

ADJUSTMENTS

Some bike helmets have removable padding or a universal fit ring that can be adjusted to get a good fit.

COVERAGE

A bike helmet should not sit too high or low on the rider's head. To check, make sure the bottom of the pad inside the front of the helmet is one or two finger widths above the bike rider's eyebrows. The back of the helmet should not touch the top of the bike rider's neck.

VISION

Make sure you can see your child's or teen's eyes, and that he or she can see straight-forward and side-to-side.

SIDE STRAPS

The side straps should make a "V" shape under, and slightly in front of the bike rider's ears.

CHIN STRAPS

The chin strap should be centered under the bike rider's chin, and fit snugly so that no more than one or two fingers fit between the chin and the strap. Tell your child or teen to open their mouth wide...big yawn! The helmet should pull down on their head. If not, the chin strap needs to be tighter. If needed, you can pull the straps from the back of the helmet to adjust the chin straps. Once the chin strap is fastened, the helmet should not move in any direction, back-to-front or side-to-side.

Take Care of the Helmet:

CHECK FOR DAMAGE

DO NOT allow your bike rider to use a cracked or broken helmet, or a helmet that is missing any padding or parts.

CLEANING

Clean the helmet often inside and out with warm water and mild detergent. DO NOT soak any part of the helmet, put it close to high heat, or use strong cleaners.

PROTECT

DO NOT let anyone sit or lean on the helmet.

STORAGE

Do not store a bike helmet in a car. The helmet should be stored in a room that does not get too hot or too cold, and where the helmet is away from direct sunlight.

DECORATION

DO NOT decorate (paint or put stickers on) the helmet without checking with the helmet manufacturer, as this may affect the safety of the helmet. This information may also be found on the instructions label or on the manufacturer's website.



¹ U.S. Consumer Product Safety Commission: www.cpsc.gov

² American Society for Testing and Materials: www.astm.org

³ Snell Memorial Foundation: www.smf.org

⁴ American National Standards Institute: www.ansi.org

Additional Content Reference:

National Highway Traffic Safety Administration:
www.nhtsa.gov/Bicycles

Look for the Labels:

LOOK FOR A BIKE HELMET WITH LABELS THAT:

- Have the date of manufacture. This information will be helpful in case the helmet is recalled; and
- Say U.S. Consumer Product Safety Commission (CPSC)¹ certified. That label means that the helmet has been tested for safety, and meets the federal safety standard.

Some bike helmets may also have a label stating that they are ASTM², Snell³, or ANSI⁴ certified. These labels let you know that the helmet has also passed the safety tests of these organizations.

When to Replace a Bike Helmet:

ONE IMPACT

Replace any bike helmet that is damaged or has been involved in a crash. Bike helmets are designed to help protect the rider's brain and head from one serious impact, such as a fall onto the pavement. You may not be able to see the damage to the foam, but the foam materials in the helmet will crush after an impact. That means that the foam in the helmet won't be able to help protect the rider's brain and head from another impact.

Multi-Use Helmets:

Some helmet companies have created multi-use helmets for biking, skateboarding, and other activities. Multi-use helmets are designed to withstand multiple very minor hits; however, a multi-use helmet **MUST** be replaced if it has been involved in a serious crash, or if it is damaged. Before your child or teen uses a multi-use helmet for biking, make sure the helmet has a CPSC label certifying it for biking.

TO LEARN MORE, GO TO
WWW.CDC.GOV/HEADSUP



Since cycling clothing is often made using special fabrics -for instance with water repellent properties- it pays to take special care when washing your cycling clothing.

Before your first ride

New cycling clothing can best be washed in cold water by hand at least once before you wear it for the first time. Heat is the enemy of Lycra and elastic. It's preferable to do so using washing powder rather than liquid detergent.

Washing powder tends to leave any protective properties or layers intact more than the liquid version. This then also applies for all the times you wash your clothes after, naturally. Fortunately, these can be done with your washing machine if you don't feel like washing by hand every time.

After your first ride

It's tempting for a lot of people to just kick off your dirty cycling clothing and leave it be in the corner of the bathroom for a night, only to actually start cleaning it a day later.

Cycling clothing in the laundry basket? It's better to wash it right now!

Not only does that constitute a blatant odorous offence, the quality and looks of your cycling clothing are better maintained if you get on with washing your cycling clothing right after a ride.

Furthermore, washing right after your ride also prevents bacteria from getting a chance to ruin your nice cycling kit.

TIP If your cycling clothes are very dirty, then soak them in warm water for a few hours.

OR step into the shower with your cycling clothes on after very muddy ride! Lather up some soap and rub it over the outside of your kit before stripping it off and lathering the inside paying particular attention to the pad inside your shorts. Plain bar soap will do the job absolutely fine and is much better for your kit than cheap biological detergents. Wash yourself and let the soap you have used rinse through your garments and then give them an extra good rinse with the shower head. Gently wring out the water and stick them in the sink to drain.

If you can't wash right away

Hang your jerseys and shorts inside out when you get home. If you are not able to wash your garments right away, hang them instead of throwing them in a pile. The longer cycling shorts and jerseys stay damp with sweat, the more likely, they are to grow odor-causing bacteria.

Do not re-wear your bike clothes

It may be tempting to throw on the same kit for a second day if you only rode a short while the day before. Even though cycling fabric is made specifically to transfer moisture away from the body and dry quickly while riding, your sweat can turn rancid on the surface if not washed after each use. Even worse, wearing the same bibs or shorts for a second day could result in rashes, chafing, and even infections in extreme cases.

Zippers up, Velcro closed!

Don't wash your cycling clothes with all of your regular clothes. Before you wash your cycling clothes you first need to make sure all zips are up and all Velcro straps are firmly closed as well. This prevents the zippers or Velcro from damaging your cycling clothing. Next you turn all of your clothing inside-out, which keeps them looking good for longer.



A machine wash is fine, just do so at a low temperature.

Doesn't the Velcro hold that well, or do you want to make absolutely sure your clothing is fine? Often only your cycling gloves use Velcro, which you can easily throw into a laundry bag. Wash items of clothing with Velcro on them in a laundry bag.

Really want to get the most from your cycling clothing? Then you could consider to put each item of clothing into a separate laundry bag. So separate your bibshort, cycling jersey, and gloves.

Wash all your kits together.

Bulky items like jeans and towels can destroy delicate fabrics. Also, turn shorts inside out, as well as any screen printed jerseys. Mesh lingerie bags also come in handy for washing cycling gear. Don't forget to check your pockets. Energy gels and other snacks can make a big mess in the wash and ruin clothing.

Hand wash or machine wash?

Ideally you'd always wash your clothing in lukewarm water by hand. We get that you're not really looking forward to that idea. You can use the hand wash programme on your washing machine at a maximum temperature of 30 degrees instead.

Also it is important **not to use tumble!** It only will ruin your fabric, especially cycle padding. Squeeze the water out slightly and shake them.

Washing cycling clothing isn't difficult, so long as you stick to the guidelines.



Detergent is the most important aspect when getting your cycling clothes washed. Using the wrong one will ruin your cycling clothes. If not on first wash, then after few times. Don't use detergents with heavy cleaners, perfumes or dyes. Never ever use fabric softener or dryer sheets. Also detergents for ordinary sports clothes can ruin your cycling shorts padding. Don't be too generous with the washing detergent; rather be a bit frugal than splash out too much. Again, washing powder is usually better than liquid

detergent. If your clothes still smell like detergent at the end of washing, wash them through for an extra rinse.

The chamois pad in your cycling shorts is the part of the garment that can be tricky to keep clean, since it's the most likely area for bacteria to settle. Handwashing this part of your shorts with soap and scrubbing as best you can before you put it in the wash can help ensure your pad is clean and bacteria-free.

Decided to wash by hand? Then make sure you thoroughly rinse the garments first. Whatever you do, **never** use fabric softener when you're cleaning your cycling clothing. Fabric softeners has a stain-blocking film. The problem is that this film clogs up the wicking and breathability features of synthetic and wool fibers.

Cycling clothes which have detergent residue on or in them can itch and irritate your skin to no end while you're riding your bike.

TIP Place your bibshorts and jerseys inside a dedicated laundry bag (or lingerie bag) to prevent the straps of your bibshorts from wrapping around the spindle and stretching out.

Hand washing advantages:	Washing machine advantages:
<ul style="list-style-type: none">• No need to collect similar clothes to fill up machine• Saves you money and energy• More gentle for your cycling clothes• You use less water• You need less clothes, when you wash them daily• Cycling clothes are cleaner, because you focus on dirty areas	<ul style="list-style-type: none">• Heavy load of clothes gets washed faster• It is a huge time saver over hand washing• Different cycles for different loads of clothes• No need to put physical effort for wash

Check for stains

Check your cycling clothing for stains right after you've washed them. If you let your clothes dry with stains in them, then it'll be even harder to get them out again. Still see some stains? Then wash them again!

After the wash: let it all dry naturally

Cycling clothing is best not put into a dryer. Hang your cycling jersey up on a coat hanger. A bibshort is best layed out. This prevents the shoulder straps from stretching. Base layers can also be hung out to dry on a coat hanger.

All clean again? Hang your clothing out to dry and don't throw cycling clothing into a dryer.

Cycling clothing often dries up quickly, so if you wash up immediately after a ride you'll usually be able to wear it again the next day. But do not iron your cycling clothing.



Water repellent cycling clothing

Some cycling clothing is given a water repellent finish. A good example is the Nanoflex technology used in the popular Castelli Gabba. Unfortunately, that finish doesn't last forever. You can however reactivate it when its functionality has started to decline.

All Castelli cycling clothing with Nanoflex can be made waterproof again by ironing the garments at a low temperature.

You can do so by placing the garment into the dryer for 30 minutes at a **low(!)** temperature of about 30 degrees. This reactivates the Nanoflex technology, making your garment ready again for many rides to come.

Don't own a dryer? Then you can reactivate the technology by ironing the garment at a low -once again, 30 degrees- temperature. Always place a towel between the iron and your garment to avoid damaging it.

Cycling jackets and wind jackets

Every time you wash something, it wears. Particularly with cycling jackets, such as cycling rain jackets and wind jackets, you should really ask yourself whether it really needs a wash or not.

Rain jackets and wind jackets can often be worn a few times before you have to wash them.

You can usually wear these outer layers a few times before they really demand a wash.

When washing jackets or other rain-specific cycling gear, keep in mind that if it's been treated with a water repellent, that repellent can come off once it's cleaned. Washing these fabrics by hand is best, and once they dry you'll need to reapply a water repellent spray to keep the garment working as it should.

We hope that our tips on washing cycling clothing will help you get many more enjoyable years from your cycling kit!

How to eliminate odor in cycling clothes and gear.

Why are some people perpetually smelly when riding? Is it them? Is it their cycling clothes? Is it both? You don't want to be that person that no one wants to ride with, so take a good shower and then let's take a closer look at a solution to help you un-stink your kit.

- Cycling clothes should be washed after each wear and as soon as possible. Don't leave them on the floor or in a bag in a crumpled wet mess. This will only cause mold or mildew, which will stink.
- Wash clothes with a sports-specific wash. Try products like Halo Proactive Sports Wash, Nathan Sport Wash, Downy Fresh Protect, Nikwax, or Sports Suds, to give it a good clean. Each of these products claim to reduce bad odors in sports clothing.
- Wash using **alternative remedies**. Grandma would recommend washing with baking soda and rinsing with vinegar (use 1 cup of baking soda and ½ a cup of white vinegar in the rinse cycle). The Internet is also full of other random remedies like using dishwasher rinse aid, salt, and even vodka.
- Don't use harsh cleaners and avoid fabric softeners as they may prematurely break down the fabric.
- Give your kit a good long rinse with no laundry detergent. You may have a buildup of detergent and bacteria trapped in the fibers of the fabric.
- This may come to a surprise to most downhillers: **body armor will eventually stink if it isn't getting washed**. For the sake of everyone else on the shuttle bus or chairlift, give it a wash every now and then. Hand wash your body armor, knee, and elbow pads in a bath or laundry tub. Fill it up, add laundry detergent, and dunk and scrub your armor.
- Ensure clothes and body armor are completely dry before putting them away. Hang drying is great and often recommended by manufacturers, but don't hang directly in the sun as it could destroy Lycra or rubber grippers.
- A dirty washing machine won't clean clothes, so give yours a freshening using a hot wash and vinegar.
- Throw your stinky cycling clothes in a large Ziploc bag with a box of baking soda and then put it in your freezer overnight. The cold will help kill the smell and the baking soda will absorb it.

Not all stinky polyester bike clothing is equal

If the tips listed above don't fix the stink, the problem could be more than how you care for your cycling kit. No doubt you have a cheap jersey that starts to smell 10 minutes into a ride, while your expensive one stays stench-free for multiple rides... what gives? Could it be a difference in the material? Both tops are made of 100% polyester (which is common for bike jerseys). If they are made from the same thing, why does one stink and one not?

A Google search for 'polyester' showed lots of big words like 'long-chain polymers, chemically composed, ester and dihydric alcohol, carboxylic acid and terephthalic acid'. To put it simply, it's a synthetic fiber. Synthetic fibers tend to dry faster whereas natural fibers (like cotton or wool) absorb more. Apparently, the bacteria that grow on polyester are different to that on cotton, and the polyester loving bacteria are the **stinky variety**.

Expensive polyesters are more likely to be higher quality and feature better breathability (with moisture or sweat wicking properties to keep away the stench). Cheaply made, poor quality polyester jerseys are often the ones causing the stink trouble. Every brand has a different name for sweat management polyester (e.g., Dri-FIT, Climacool, HI FIL, Champ-sys Tech), which makes it hard to compare, but if you buy a cheap polyester jersey with no special moisture management properties, it is far more likely your sweaty armpit microbes are breeding in its polyester, causing a bigger stink.

The bottom line: Ensure you wash and dry your cycling gear properly. If you still can't shake the stink, consider buying some new, good quality polyester cycling jerseys and shorts or those made out of natural fibers like Merino wool.