



Trail Etiquette & Code of Conduct

National Interscholastic Cycling Association
2414 6th Street
Berkeley CA 94710
(510) 524-5464
www.nationalmtb.org

- 1. Ride Predictably.** When riding with others always ride in a straight, steady, and predictable manner. Swerving onto sidewalks, berms or jumps is unacceptable and will result in strict discipline from a coach or League director. There is no jumping on team rides; keep both tires on the ground.
- 2. Wear a Helmet at All Times.** Under no circumstances should you be on your bike without a helmet fastened to your head, during practice or at races. League members will be disqualified for riding without a helmet – this includes while riding trainers to warm up (If your leg is over bike, your helmet buckled is on head).
- 3. Always Yield.** Even if at times it seems inconvenient. 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 back country can be an unwelcome experience for horses and hikers. And, yield to uphill riders when riding down a trail.
- 4. Pass with Care.** Always be kind and polite. Go very SLOW – go slow enough to say ‘hello’, and for other trail users to say ‘hello’ back. Always stop at a reasonable distance and ask for passing instructions from horse riders. Horses can be easily spooked by bicycles and must be respected.
- 5. Stay on Trails.** Riding off the designated trail damages meadows and other fragile ecosystems. Never cut switchbacks as this accelerates erosion. Beware the types of soil you are riding on. Be conscientious of the type and condition of the soils you are riding on. Do not widen existing trails to avoid mud; ride or walk through deep mud sections and puddles.
- 6. 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. Be aware that bicycles are not permitted in areas protected as state or federal Wilderness.
- 7. Control Your Speed.** Safe speeds are relative to terrain, line of site, and your experience as a rider. Be able to stop safely without skidding in the distance that you can see ahead. Approach switchbacks and turns in anticipation of someone coming around the bend, and adhere to posted speed limits.
- 8. Don’t Be a Show-Off.** Showing off or riding recklessly in front of others will not be tolerated.
- 9. Respect Wildlife and Livestock.** Do not frighten animals. Close gates as you pass through, unless it appears obvious that they have been intentionally left open.
- 10. Do Not Litter.** Pack out what you pack in. Make every effort to pick up other people's trash; it will make you feel real good!
- 11. Be Prepared.** You should be prepared to fix basic bicycle mechanicals such as flat tires, chain breaks, and conduct simple bike adjustments. Carry and know how to use basic tools, including tire levers, a spare tube, and inflation device. Expect weather changes and dress appropriately.
- 12. Plan Ahead.** Leave word where you plan to go, when you plan to return, and follow your plan.
- 13. Minimize Impacts.** Bring back pictures and memories only.
- 14. No USADA Banned Substances.** NICA student-athletes are subject to all U.S. Anti-Doping Agency rules pertaining to anti-doping. The use of performance enhancing substances will result in the immediate disqualification from a full season or the equivalent number of races.
- 15. Follow NICA Rules and Guidelines.** I have reviewed and will adhere to the NICA Rules & Guidelines.

(Read other side)

NICA Student Athlete Code of Conduct Checklist

Please read and check the box before each item:

SAFETY

- I will always ride within my ability and not take dangerous risks
- I will always wear appropriate safety gear:
 - I will never ride without a helmet.
 - I will wear proper gloves and clothing.
 - I will wear protective eyewear.
- I will check my brakes and bike condition before each ride:
 - I will not ride an unsafe bicycle.
- I will never ride alone in isolated areas.
- I will always let someone know where I am riding, when I plan to return, and stick to the plan.
- I will bring proper hydration and nutrition on *every* ride.
- I will bring appropriate tools and parts, such as a spare tube or patch kit, tire levers, and inflation device.
- I will not ride terrain or at speeds which are unsafe or beyond my technical ability.
- I will not ride in unsafe conditions:
 - Excessive exposure to drops and falls.
 - Unsafe weather conditions such as lightning, flash floods, extreme heat or cold.
 - On washed-out trails.

RESPECT

- Regarding others, I will respect my teammates, competitors, and other people on the trail:
 - I will never trash talk, insult or use inappropriate language while on a mountain bike.
 - I will move aside to allow safe passing when a faster competitor is moving by me.
 - When passing from behind I will announce my presence and intention and specify passing side.
 - I will always do my best when racing whether I am ahead or behind as a sign of respect to my competitors and myself.
 - I will always ride with courtesy, whether racing or training.
 - I will provide appropriate safe spacing between myself and cyclists and their bikes.
- I will follow the rules of right of way:
 - Stop or slow down when approaching an equestrian, hiker or dog walker.
 - Provide right of way to pedestrians and equestrians.
 - Stop and ask for passing instructions from equestrians. I should never pass a horse without the horserider knowing I'm there and having given permission to pass.
- Regarding trails, I will respect the land:
 - I will never litter or leave trash on the trail.
 - I will ride only on designated and legal trails and routes.
 - I will pick up trash whenever possible when riding.
 - I will learn to brake correctly to minimize trail erosion.
 - I will not ride on trails when the weather and surface conditions will cause damage.
 - I will not build trails without full permission and permits from the land owner/manager.

Banned Substances

- I understand that the use of Performance Enhancing Drugs (list of banned substances available at U.S. Anti-doping website) is not tolerated at any NICA event.
- 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.

Student Athlete Sign Here

Print Name

Date