



# FEED ZONE MARSHAL GUIDELINES

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## GENERAL OVERVIEW

Nutrition and hydration play key roles in keeping NICA students athletes safe and performing their best on the course. Feeders are often team volunteers doing this team job for their first time. As Feedzone Marshal, you will be guiding all the parent, coach and other volunteer feeders to keep the feedzone the ideal place it is for water and food hand-offs. The Feedzone Marshal needs to have a good understanding of the NICA rules about the feedzone and carries this portion of the NICA rulebook. (These rules are printed below.) “Everyone take one step back,” “No running,” and “Only feeders in the feedzone” are a few phrases parents and coaches come to expect from the Feed Zone Marshal. Keep everything running smoothly, but be sure to keep the fun levels high and enjoying being a key role at the feedzone.

## GOALS AND TASKS

- Educate feeders on NICA Feed Zone rules
- Increase order and safety in the Feed Zone
- Minimize littering in feed zone
- Report violations to the League Director or Chief Marshal with radio
- Alert League staff of low water levels using radio
- Alert League Director or Operations Manager of disorderly conduct in feedzone using radio
- Look out for and warn careless spectators (especially watch for young children, dogs, and people crossing the course with oncoming riders)
- Report mechanical assistance, riders dropping out, course cutting, caffeine use etc. to the League Director or Operations Manager. (record plate number)

## FEED ZONE RULES (2015)

### 10.3. FEED ZONE REQUIRED

A designated feed zone must be present and easily accessible at races. The feed zone shall have a well-marked start and end.

### 10.4. FEEDERS MUST USE THE ZONE

Coaches, parents, or other volunteers must use the feed zone to hand racers food and drinks. Student-athletes will be penalized for accepting food or drink outside of the feed zone.

## YELLOW LEVEL CONSEQUENCES

### 10.5. NO INTERFERENCE OF OTHER STUDENT-ATHLETES

Feeding one student-athlete must not cause other student-athletes to slow down or veer off course.

### 10.6. FOOD AND DRINK ONLY

Student-athletes must not accept items (such as tools, gear or parts) inside the feed zone, or the outside

assistance penalty will apply.

### 10.7. CLOTHING EXCEPTION

In the event of rain or cold weather, clothing may be handed over in the feed zone only. Clothing may not be handed over anywhere else on the racecourse.

### 10.8. NO PHYSICAL CONTACT

All hand offs must be conducted hand-to-hand only. No physical contact between student-athletes and feeders is allowed. This will be considered as outside assistance.

It is also not permitted for a feeder to place water bottles on to the bike or hydration pack onto a student-athlete. Food or other items must be handed to the student-athlete. They may not be put into the student-athletes mouth or the pockets on the student-athletes jersey.

### 10.9. NO RUNNING IN THE FEED ZONE

Running in the feed zone is not permitted under any circumstances, so as to prevent collisions and interference with other feeders.

### 10.10. FEEDONRIGHTHANDSIDE

Feeding racers traditionally happens on the right side of the course. This allows those student-athletes not wanting a stop to pass through

the feed zone unimpeded. After feeding a student-athlete, the feeder must move clear of the feeding zone, which allows plenty of room for other feeders.

### 10.11. VISIBLE TEAM IDENTITY IN THE FEED ZONE

Feeders must wear a shirt, jacket, hat, vest or jersey that identifies their team. Adhesive nametags are also accepted.

### 10.12. LIMITED FEEDERS PER TEAM

Each team is allowed a limited number of feeders in the feed zone. The number is based on the number of student-athletes that are competing in the current wave.

1)5 student-athletes or less: 2 feeders

2)6-10 student-athletes: 3 feeders

3)10+ student-athletes: 4 feeders

4)20+ student-athletes: 5 feeders

### 10.13. NEUTRAL FEED ZONE

If conditions such as high temperatures exist, a neutral feed zone may be provided near the halfway point of the course. The feed zone will be for all student-athletes and handouts will be provided by

designated race staff and/or volunteers only.

#### 10.14. FEED ZONE IS CAFFEINE FREE

As caffeine is a banned substance feeders must not hand off any caffeinated products. Student-athletes will be penalized for accepting caffeinated products. Race officials may request to inspect feed zone supplies at any time.

#### 10.15. NO THROWING WATER ON RIDERS IN FEED ZONE

No one may throw water on riders in the feed zone or the area immediately preceding the feed zone.

#### **Use of Two-Way Radio System:**

League Radios are \_\_\_\_\_ / EMT Radios are \_\_\_\_\_

You should be informed of radio channel when you receive your radio.

*(Tips: Hold radio about 6 inches from the mouth. Test message relay to home base after finding position on course. Depress button 1 second before and after speaking; keep radio communication to a minimum. Sometimes we have to relay radio communication).*

#### **In Case of an Emergency:**

- 1) Remain calm;
- 2) Report the accident / situation immediately;
- 3) Identify the location by your marshal post number;
- 4) Identify the number of the injured or sick rider;
- 5) Provide an initial assessment of the injury (do not provide treatment beyond your training);
- 6) As much as possible, provide clothing/cover to keep injured warm and reassured;
- 7) If injury is traumatic, prevent unnecessary movement of the rider's head & neck;
- 8) Wait calmly for help to arrive.

#### **EQUIPMENT LIST**

Race Official Vest

Two-way radio

Food and drink product (placed at the feedzone before the first race)

Water Coolers (placed at the feedzone before the first race)

#### **VOLUNTEER LOCATIONS AND HOURS**

Check in with your volunteer coordinator for specific races and times.

***THANK YOU FOR YOUR SUPPORT!***