Welcome to the NICA community! As a representative of the community, student-athletes and parents/caregivers agree to follow this code of conduct to maintain a culture of safety, responsibility and respect.

Parents and guardians are asked to review and agree to the code of conduct with their children during the registration process.

### Be Safe
- Always wear a helmet
- Be prepared with additional safety gear: gloves, glasses, and extra clothes to match the weather
- Be prepared with a working bike and perform an ABCDE bike check (Air, Brakes, Chain, Derailleur, Everything Else)
- Ride within your limits
- Ride with someone else in isolated areas
- Plan ahead and let your family or caregivers know where you are going and when you plan to return
- Avoid contact with wildlife
- Understand the dangers of the native plants and avoid poisonous plants, stay on the trail

### Be Responsible
- Be prepared with the water, food, and clothing that you need to complete the ride
- Come to practice with a clean and well-maintained bike
- Be accountable for your actions and choices
- Never consume alcohol or use any illegal drugs
- Ride only on designated and legal trails and routes
- Follow additional rules that may be associated with team’s school or league affiliations

### Be Respectful
- Respect coaches, teammates, competitors, trail users and other community members
  - Treat everyone with dignity and respect
  - Avoid language and actions that may be perceived as bullying or harassment.
  - Be inclusive and welcoming to new athletes, coaches, competitors, and other trail users
  - Use appropriate language
- Move aside to allow others to pass you safely.
- Announce your passing, intention, and specify the passing side.
- Do your best when racing or riding your bike.
- Ride with courtesy at races, at practice, and in the community.
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<td>Seek consent before touching, hugging and otherwise embracing teammates and coaches.</td>
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<td>Slow down when approaching other trail users</td>
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<td>Provide right of way to pedestrians and equestrians and stop and ask for passing instructions from equestrians.</td>
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<td>Leave no trace or trash on the trail.</td>
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<td>Ride on trails when the weather and surface conditions will not cause damage.</td>
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<td>Perform trail maintenance on trails only with full permission and permits from the land owner/manager.</td>
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I acknowledge I will review this code of conduct with my Student-Athlete and they will follow the NICA Rules and Guidelines as additionally described in the NICA handbook. I also understand that failure to do so may lead to his or her suspension or expulsion from national and/or state league activities.