

**ReCyclery MTB Club**  
**Code of Conduct**  
*(Please keep this to review throughout the season)*

***Participant Code of Conduct:***

“I understand that it is a privilege to be a part of this club, and that the most important thing I bring is a great attitude, respect and support for my peers and coaches, and the perseverance to try and try again”

“I understand that mountain bike racing is an inherently risky and potentially dangerous sport. In order to stay safe and progress I am required to listen to and respect the policy, guidance, and direction of my coaches. It is by gradually building skills, experience, knowledge and judgment that I will grow over the long term, into my full potential safely”

“My mind and body must be kept in top condition to successfully race a mountain bike. I agree to care for myself by training properly using correct equipment, eating properly, getting plenty of sleep, and not using substances such as caffeine, alcohol, tobacco, or drugs”

**Agreements:**

- I agree to follow traffic laws and courtesies while riding on public streets, roads, and trails.
- I agree to wear a properly fitting helmet, gloves and protective glasses at all times.
- I will use the ABC Quick Check to personally check the safety of my bicycle every time I ride.
- I agree to use a headlight and taillight when riding in limited light conditions or after dark.
- I agree to build my speed **gradually**, to not surpass my skill level.
- I agree to practice and master the emergency maneuvers recommended by my coach
- I will use safe group riding skills; like communicating with my peers and others using trails
- I agree to keep my bicycle in good functioning condition
- I agree to learn how to do basic repairs on my bike
- I agree to carry the following basic items when I ride: water bottle/Camelback filled with water, snack, inner tube, bike multi-tool, extra layer if needed
- I agree to learn the basics of emergency response
- I agree to be at all training events that I commit to, and to call or email the coach if I cannot make it. Coach Matt Tyler’s email: [relyttam@gmail.com](mailto:relyttam@gmail.com)

Participant Signature \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature \_\_\_\_\_ Date: \_\_\_\_\_