



Group Ride Rules

1. Adhere fully to our Ride Etiquette guidelines
2. There must be at least two coaches with every riding group – one in front and one sweeping the back, so that the first student rider and last student rider are both in sight
3. Student riders must always know where their group's Coaches are, and are equally responsible for keeping the group together
4. Regroup regularly and stop at every trail intersection (when everyone doesn't know the trail) to ensure the group stays together
5. It is not a race... make a conscious effort to start slow and warmup – and be respectful of others on the trail
6. If a rider is uncomfortable with a specific trail section, we encourage them to walk that section or scout it out on foot before attempting to ride it. Other riders should give each person the space and time needed to navigate trails in a comfortable manner
7. We want to create a culture where everyone speaks up if they see activities or behaviors that put others at risk for injury. Expressing concerns to peers can be uncomfortable, but we expect riders and coaches to work past this and speak up when it comes to the safety of team members and community members

Ride Etiquette

- Ride with Respect, Safety and Predictably
 - Be mindful and ride in control
 - Respect yourself, fellow teammates, coaches, equipment, other members of the community and the environment
 - Pull off the trail to stop and don't ever stop in the middle of the trail
- Always Wear a Helmet
 - Under no circumstances should you be on a bicycle without a helmet fastened. This includes riding on your personal time, at practices, events and races.
 - Student-athletes will be disqualified for riding without a helmet at races
 - The team incurs penalties for anyone associated with the team (parents, siblings, non-racing riders, coaches, etc) who is on a bike without a fastened helmet at an event
- Yield to Other Trail Users & Pass with Care
 - Respect and yield to all other trail users and pull over with plenty of distance
 - Don't force pedestrians to step off the trail for you to ride by. Ride by slowly, or dismount, allowing them to stay on the trail (and thank them if they yield to you!)
 - ALWAYS stop at a reasonable distance for horses and ask for passing instructions from the rider. Horses can be easily spooked, and mountain bike encounters can be very dangerous for both the rider and the horse if not handled properly
 - Always be prepared to stop. Ride with your eyes up and expect to see other trail users around corners
 - Always yield to the uphill rider if you are riding downhill
 - Always let people know you are coming from behind by respectfully and clearly calling-out (or by using a handlebar bell)
- Be an Ambassador for Our Sport
 - Always be kind and polite
 - Communicate! Make sure other trail users acknowledge your presence before you attempt to pass
 - Make your interactions with other trail users positive (be friendly and say, "Good morning!", "Thank you!", "Cute dog!", "Have a great hike!" etc.)
 - Follow the rules and speak up when others don't

- Stay on Trails
 - Riding off designated trails damages fragile ecosystems
 - Never cut switchbacks, as it accelerates erosion
 - Beware of the surfaces you are riding on and adjust your riding and braking style as needed
 - Do not widen existing trails to avoid mud. Ride or walk through deep mud sections and puddles
- Ride Authorized Trails Only
 - Check with local authorities regarding open trails and conditions
 - Check with landowners regarding private land access
 - Do not ride trails closed to bicycles (and know that bikes are not permitted in state or federal wilderness areas)
- Do Not Litter
 - Pack out what you pack in
 - Make every effort to pick up other people's trash
 - Minimize your own impacts the best you can
- Be Prepared & Plan Ahead
 - Be prepared to fix basic mechanicals (e.g., flat tires, broken chains) and conduct simple bike adjustments
 - Carry and know how to use basic tools, including tire levers, a spare tube, a pump and a multi-tool
 - Check weather forecasts before you ride. Expect weather changes and bring warm / waterproof layers
 - Have at least one first aid kit in your group
 - Leave word where you plan to go, when you plan to return, and follow your plan
 - Carry a light if you expect to finish a ride close to dark
- No USADA Banned Substances
 - NICA student-athletes are subject to all U.S. Anti-Doping Agency rules pertaining to anti-doping (this includes using caffeine as part of your training or racing regime)
 - The use of performance enhancing substances will result in the immediate disqualification from a full season or the equivalent number of races
- Follow NICA Rules and Guidelines
 - Review and adhere to the [NICA Rules & Guidelines](#)
 - If you are unsure of anything, ask a coach

Required Skills for Common Technical Issues

1. Fix a flat tire
2. Remount a dropped chain
3. Fix a broken chain
4. Conduct simple bike adjustments, such as straightening off center handle bars, adjusting seats, etc