

## **G.S. ANDIAMO RIDER CODE OF CONDUCT**

You are responsible for all your actions and words while riding on the club and team. Your behavior reflects upon the team as well as sponsors and partners of G.S. Andiamo Junior Development Cycling Program. You are ambassadors for the team, the sport of cycling, and your community.

- RIDERS shall conduct themselves in a manner that creates a positive image for G.S. Andiamo Junior Development Cycling Program and its partners and sponsors. This is a “24-7” requirement, including while at races, while traveling to and from races, while in motels or other accommodations (including private homes), at all times while in public, at home, school or work.
- RIDERS will treat themselves, coaches, and other members of G.S. Andiamo with respect and dignity and make a sincere effort to support the club and the shared goals of the club.
- RIDERS will be respectful of G.S. Andiamo committee members, coaches, mentors, support staff, officers, club and team members, sponsors, partners, promoters, and national and regional cycling association officials in any form of public media whether the media be verbal, printed, or electronic (websites, chat rooms, blogs, etc).
- RIDERS will familiarize themselves with and abide by all state laws applicable to cyclists (see Appendix A).
- RIDERS are each encouraged to thank one person connected with promoting or staging each event at which s/he participates or competes for their involvement or the job they are doing.
- RIDERS shall maintain membership in good standing with USA Cycling, designating GS Andiamo (Club ID: 15731) as their club for road and other disciplines, as appropriate.
- RIDERS shall read, understand and comply with the current rules of USA Cycling. Those rules are available online at [www.usacycling.org](http://www.usacycling.org).
- RIDERS, both “club” and “team”, may be coached individually by a USAC-licensed coach who is not affiliated with G.S. Andiamo. However, RIDERS racing in “team” status will abide by the directions of G.S. Andiamo coaches, mentors, or managers when two or more G.S. Andiamo members are present in the same event.
- RIDERS shall wear G.S. Andiamo clothing in all races.
- RIDERS must secure a release signed by the director of G.S. Andiamo before competing for any other team.
- RIDERS are responsible for promptly responding to invitations to meetings called by the club’s officers or manager.

- RIDERS shall not engage in any manner of illegal activity.
- RIDERS and PARENTS are made aware of the Minor Athlete and Abuse Protection Policies (MAAPP) (see appendix B)
- RIDERS shall abide by USA Cycling Code of Conduct (see Appendix C).
- RIDERS age 17 or older and PARENTS shall take appropriate safesport training (see Appendix D).
- RIDERS shall abide by current US AntiDoping policies regarding prohibited substances (see Appendices E and F).
- RIDERS shall abide by GS Andiamo “**GS Andiamo Group Ride Standards**” (see Appendix G).
- RIDERS shall abide by the GS Andiamo “**Junior Bike Race Preparation Checklist**” (see Appendix H).
- RIDERS shall enter into a contact (see Appendix I) with their parent or guardian regarding schoolwork or other family prerequisites to participation in the sport of bicycle racing. *To be written by family.*
- RIDERS understand that failure to comply with this Code of Conduct may result in loss of club privileges, suspension, or expulsion from the club.

I hereby certify that I have read this document. I understand its content and accept all rights and responsibilities created herein.

Today’s date: \_\_\_\_\_

\_\_\_\_\_

Signature of Club member

\_\_\_\_\_

Printed name of Club member

\_\_\_\_\_

Signature of parent/guardian

\_\_\_\_\_

Sean Wilson

Director, G.S. Andiamo

## **Appendix A**

**California Law Applicable to Cyclists** <https://calbike.org/bicycling-in-california/sharing-the-road/>

## **Appendix B**

**Minor Athlete and Abuse Protection Policies (MAAPP)**

<https://usacycling.org/safesport/minor-athlete-abuse-protection-policies>

## **Appendix C**

**USACycling Safesport Training**

<https://usacycling.org/safesport/safesport-training>

## **Appendix D**

**USACycling Code of Conduct**

<https://usacycling.org/about-us/governance/code-conduct>

## **Appendix E**

**World AntiDoping Code**

<https://www.wada-ama.org/en/what-we-do/the-code>

## **Appendix F**

**USADA Athlete Resources**

<https://www.usada.org/athletes/antidoping101/>

## Appendix G

### GS Andiamo Group Ride Standards

#### *Riding Etiquette & Conduct*

- Obey the Rules of the Road: Conduct yourself with the same consideration you would expect from any other road user, particularly motorists. Aggressive behavior and gestures by cyclists will alienate motorists and could lead to endangering other cyclists.
- Ride responsibly and limit damage and erosion to trails and the environment.
- Model and display 'Sharing the Trails' and courteous riding at all times.
- Do not take inappropriate risks (willingly attempt anything which is beyond one's ability to control their bike safely).
- Be Predictable: Ride in a consistent manner. Do not swerve or change rate of travel unexpectedly.
- Indicate: Use accepted cycling hand signals in all rides/races.
- Communicate: Communicate hazards to fellow riders. The rider in front is responsible for those following.
- Anticipate: Look ahead at what is happening on the road in front of you and anticipate the moves of the cyclist ahead.
- Keep Adequate Distance: Avoid overlapping wheels. If your front wheel touches the rear wheel of the rider in front of you, you will fall. Always ride defensively to stay safe.
- Respect Other Riders: Team members are expected to treat each other with respect.
- Maintain a positive attitude while wearing team clothing. Remember that people will call sponsors and partners and report things that they see and don't like.
- Call out when overtaking other non-group riders that you encounter while riding.
- Do not litter.
- Safety- Safety-Safety: Do everything to promote and improve safety.

#### *Equipment*

- Road Worthiness: Bicycles and equipment must be maintained and kept in good condition.
- Road Readiness: Riders must carry a spare tube or tire, air, and appropriate tools with them to all rides/races.
- Identification: Picture identification must be carried with the rider at all times.
- Emergency Contact: The name and phone number of the person the rider would like contacted in case of emergency must be carried with them at all times.

## Appendix H

### Junior Bike Race/Event Preparation Checklist

A goal of GS Andiamo is to develop young racers who can confidently navigate any bike race scenario. Every bike race is different but they have a lot in common. The following are the steps young racers, sometimes with the assistance of parents, should have taken before lining up at any bike race:

#### **Two Weeks Prior to Race**

**Registration** - You can register for all USAC races online at the USAC website. Note: as a junior cyclist, you may not sign your waivers online. You must still print the waiver, have your parent/guardian sign it, and bring it to registration the day of the race with your license.

**Investigate Course** – What is the course profile? How many laps? How long is the race? What gears do you need? Will you need multiple water bottles? Will you need to carry food? Will there be a follow car or should you carry a flat kit?

**Race Logistics** – Do you have transportation to / from the race? Do you need a hotel room the night before? What time does your race start? Does the race finish at the same place as it starts, or will you need transport back to the start? Is gear rollout before or after the race?

#### **48 Hours Prior to Race**

**Bike Preparation** - Two days before the race you should make sure your bike is race-ready. For a Sunday race, this means everything should be ready by Friday night. This way, if something isn't working right Friday night, you still have Saturday to get the problem addressed by a mechanic. Even if you are not working on your bike yet, you should at least clean it Friday and pay attention while your mechanic is inspecting / tuning / lubricating your bike. It's a great confidence builder.

#### **24 Hours Prior to Race**

**Race Bag** – Pack your race bag the day before, so that all you have to do is put it in the car the morning of the race. This includes a race kit, extra gloves, socks, an extra helmet if you have one, an extra pair of shoes if you have them, a copy of your license, your signed waiver, extra water bottles, cleanup items like a washcloth and a change of clothes for after the race, perhaps food. Remember to put your regular shoes and helmet in the bag when you are done with them the day prior.

**Rollers / Trainer** – If you will warm up pre-race on rollers or a trainer, you might put it in the car the night before.

**Spare Wheels** – if you have a set of spare wheels, prepare them. Make sure they have appropriate gearing.

**Floor Pump** – prepare your pump to pack in the car.

#### **Race Day**

**Nutrition** – Everyone is different, but eat appropriately and eat plenty. Bring healthy snacks and bottles of water – not just your race food and water bottles.

**Pack Car** – Bike, spare wheels, race bag, water bottles, race food, pump, rollers or trainer

**Upon Course Arrival** - Strive to arrive at the race at least ninety minutes before your start time. Upon parking, your activity until your race starts should be purposeful, fluid and organized. Assemble your bicycle. Dress for the race. Air up your tires. Put water in your bottles and food in your pockets if necessary. Ride to registration to get your race number. If gear rollout is prior to your race, go to rollout. Identify the start/finish line. Install your race number. Visit the toilet. Return to your car. You should now have at least 30 minutes before your race starts. Except for warming up, you are ready to race confidently. The better you warm up, the better you will feel in the race. So, warm up. You may warm up by riding around roads near the course, by riding a trainer or by riding rollers. Have a watch or computer with an alarm set for 10 minutes prior to race time. Never be more than five minutes from the start line. Head to the start line when the alarm goes off.

### **Post Race – At Race**

**Gear Rollout** – If gear rollout is after the race, it must be done immediately. Go straight to rollout.

**Cool Down** – After gear rollout, try to ride gently for 15 minutes. Rollers or a trainer is fine. If it is very cold or wet, you may skip a ride but immediately get warm and dry. Put on a clean team jersey in case you are receiving an award later.

**Results** – Results are usually posted near registration. Review them, and let an official know of any suspected errors.

**Awards** – If you did well, be available when the promoter gives out awards for your race.

### **Post Race – At Home**

**Clean / Inspect Bike** – As soon as you are home and rested, put your bike on the stand and go through it for damage. Give it a good cleaning.

**Journal** – Describe the day's race in your training journal.

# EVENT PREPARATION CHECKLIST

NAME, DATE OF RACE/EVENT: \_\_\_\_\_

## TWO WEEKS PRIOR TO RACE

### ☐ Registration

- ☐ Preregister online
- ☐ At race/Event

### ☐ Investigate Course

- ☐ What gears
- ☐ How many water bottles
- ☐ Prepare race food
- ☐ Wheel pit follow car
- ☐ Flat kit

### ☐ Race Logistics

- ☐ Transportation to / from the race
- ☐ Hotel room
- ☐ Race start time
- ☐ Start / Finish location(s)
- ☐ Gear Rollout location + time

## 48 HOURS PRIOR TO RACE

### ☐ Bike Preparation

- ☐ Bike race-ready 48 hours prior

## 24 HOURS PRIOR TO RACE

### ☐ Race Bag

- ☐ Shoes / extra shoes
- ☐ Helmet / extra helmet
- ☐ Race kit
- ☐ License
- ☐ Waiver
- ☐ Water bottles
- ☐ Race food
- ☐ Cleanup items
- ☐ Change of clothes

### ☐ Rollers / Trainer

### ☐ Spare Wheels

### ☐ Floor Pump

### **RACE DAY**

#### ☐ Nutrition

#### ☐ Pack Car

- ☐ Bike
- ☐ Spare wheels
- ☐ Race bag
- ☐ Floor pump
- ☐ Water bottles / food

#### ☐ Course Arrival

- ☐ Assemble your bicycle
- ☐ Dress for the race
- ☐ Inflate your tires
- ☐ Bottles / Food
- ☐ Registration / race number
- ☐ Visit toilet
- ☐ Wheel pit / Follow car / Spare Wheels
- ☐ Gear rollout
- ☐ Warm up
- ☐ Race

### **POST RACE – AT RACE**

#### ☐ Gear Rollout

#### ☐ Collect Spare Wheels

#### ☐ Cool Down

#### ☐ Results

#### ☐ Awards

### **POST RACE – AT HOME**

#### ☐ Clean / Inspect Bike

#### ☐ Journal