

## **Code of Conduct (Racers & Parents)**

### **Respect**

- ❖ Good behavior! Participants need to be on their best behavior before, during and after the race. Parents, if your child is misbehaving, please address this with your child.
- ❖ No put downs! Everyone has different abilities and reasons for riding, and all should be respected.
- ❖ All Bikes are cool! It's more important that your ride, not what you ride.
- ❖ Celebrate other's successes.
- ❖ Encourage new riders to get involved.

### **Know Your Abilities**

- ❖ Ride within your abilities.
- ❖ If you are more skilled, pass it on in a friendly way.
- ❖ Help teach younger riders.

### **Practice Safe Cycling**

- ❖ Always wear a helmet.
- ❖ Always ride with a buddy.
- ❖ Learn to keep your bike in good working order.
- ❖ When you go for a ride, tell someone where you are going and when you will be back.
- ❖ Dress for the weather.
- ❖ Be prepared! Carry water, a snack and band-aids.

## **Colchester Short Track Media Release**

- 1) I hereby authorize Colchester Short Track and or their representatives to photograph me, take motion pictures of me, take video footage of me, and/or make electronic sound recordings of me (herein referred to as photographic or electronic reproductions).
- 2) I authorize the use of any such photographic or electronic reproductions of me for any purpose, including, but not limited to educational and other media as may be deemed appropriate by Colchester Short Track (I understand that I may be identifiable from such photographic or electronic reproduction) Agreed and accepted.

By checking off the box in the sign-up form, you hereby Agree and Accept to all terms noted above and where applicable you certify that you are the parent or guardian of the minor(s) under the age of 18. You hereby agree to assume legal responsibility for his/her/x authorizations referred to in this Colchester Short Track Media Release.