

Fredericksburg Composite MTB Code of Conduct

Welcome to Fredericksburg Composite MTB. As a member of the MTB community and our team we will strive to follow our code of conduct to maintain an atmosphere of safety, responsibility and respect.

Please review the Code of Conduct, sign and return to a coach or parent volunteer.

Safety	<ul style="list-style-type: none">• 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• Avoid contact with wildlife
Responsibility	<ul style="list-style-type: none">• 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• Ride only on designated and legal trails and routes
Respectful	<ul style="list-style-type: none">• Respect coaches, teammates, competitors, trail users and other community members<ul style="list-style-type: none">■ 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.• Ride with courtesy at races, at practice, and in the community.• Slow down when approaching other trail users• Provide right of way to pedestrians and equestrians and stop and ask for passing instructions from equestrians.• Leave no trace or trash on the trail.• Ride on trails when the weather and surface conditions will not cause damage.• Perform trail maintenance on trails only with full permission and permits from the land or trail owner/manager

I acknowledge I have read the Code of Conduct. I understand that failure to follow the Code of Conduct may result in my suspension or expulsion from the team.

Signed: _____

