



2020 SLCSE MTB Team Expectations and Team Agreement

- New for this year is a symptom checklist for COVID-19 on the [jackalopetruth.org website](http://jackalopetruth.org). Every rider and coach is responsible for assessing if they are fit to ride prior to attending every team event. ***This is not a one and done task.*** You agree that if you attend a team event, you have completed the checklist and determined that you are symptom-free. We all want to stay healthy so we can all ride.
- Always have a buff or face mask ready to cover your mouth and nose.
- Arrive 10 minutes early for practices. Be on time and ready to ride.
- Be prepared with a proper working bike, proper fitting helmet, food, water, tube, pump and tools.
- Be sure to check the weather and dress properly. Bring eyewear and additional layers when appropriate.
- Follow your Ride Leader's instructions.
- Have a good attitude. Your mental presence, positive frame of mind and willingness to work hard has immeasurable benefits.
- Adhere to proper trail etiquette all of the time. Politely alert your presence to hikers as you approach. Yield to all trail users on foot. Uphill riders have the right of way. Downhill riders yield to uphill riders. Announce to trail users how many in your group are behind you. Thank people for yielding. Tell them to enjoy their hike, run, ride.
- You and/or your parents agree to use the TeamSnap app and RSVP for each practice ride and race. All of our rides will be on TeamSnap this year.
- Take care of each other. Be aware of where your teammates and coaches are on a trail. Report injuries. Wait for riders at trail junctions to ensure no one gets lost or left behind.
- Ride within your abilities. No matter how good you are at bikes, riding with our team will make you a better rider.
- Stay on trail. Cutting corners and alternate routes will result in trail damage. Secure your trash so it does not become litter. If you see a piece of trash and have the opportunity to make the trail perfect - pick it up and secure it.
- Adhere to league rules. No caffeine or similar stimulants at races. No alcohol. No vaping. No illegal drugs.
- Treat everyone with respect through your language and actions. You are representatives of your family, your school, your teammates and your coaches.

I _____ , agree to follow the all the guidelines and rules for the SLCSE Mountain Bike Team
(print athlete name)

(athlete signature)

(date)

I _____ , will assist and support my athlete throughout the SLCSE Mountain Bike Team season
(print parent name)

(parent signature)

(date)