HVUR Code of Conduct 2024

- STUDENTS/COACHES MUST RSVP 12 hours in advance for each practice.

As a member of HVUR, I will:

- Be on time and ready to ride when practice starts.
  - I will arrive at least 15 minutes before practice, and check in with my lead coaches at least 5 minutes before the posted ride time.
  - I will be prepared with my own water
- Have my helmet on properly anytime I am on my bike.
- Complete the ABCDH check before each ride: (coaches/captains can help)
  - A - Air, B - Brakes, C - Chain, D - Derailleur (shifting), H - Helmet
- **I will wear my HVUR team jersey for any podium pictures and at all team practices.**
- **I will not lock up my rear brakes to be funny or to skid on any surface in a group ride, as this has caused and can cause accidents and injuries within the team.**
- When passing from behind, announce my presence and intention. I will always be kind and polite. ("passing on your left", "passing on your right")
- NOT bully anyone (ie: how a student dresses for practice, their bike, etc)
  - We have a zero tolerance for bullying.
  - Never use inappropriate language or profanity while at a HVUR event.
    - No inappropriate language/profanity on jerseys/shorts etc.
    - If a coach hears or sees anything, you will receive a verbal warning and 2nd time you will be removed from practice.
- Respect my teammates, coaches, competitors, and all other trail users. I will be mindful of others, ride in control/within my ability, and respect myself.
- Always respect the trail and leave no trace behind.
  - I understand that thousands of hours have been invested in building and maintaining the trails that I am riding on. Therefore, I will participate in at least two trail maintenance activities this year. These two days can be team trail days at Milford, Proud Lake, an MCMBA Trail day, or any trail maintenance days with another organization.
- Remember to have FUN when racing or riding my bike.

I have read and understand the above Code of Conduct Agreement, and by signing below, I agree to comply with its terms.

_____   _____   _____
Student Athlete Signature   **Print Name**   **Date**