

Inclusive - Equal - Strong Body - Strong Mind - Strong Character

## **TAOS AREA HIGH SCHOOL MOUNTAIN BIKE TEAM**



### 2016 TEAM RULES

1. **Wear a helmet at all times.** Under no circumstances should a team member be on their bike with out a helmet fastened properly on their head. While other riders and racers may be seen cruising around before and after races with out a helmet, Taos Area Composite Team members will be suspended from racing and training with the team for violating this rule.
2. **Practice Controlled Riding.** Practice safe riding techniques and be in control of their bicycles at all times. Riding out of control and/or with excessive speed will not be tolerated. Team members that have a reckless attitude or are witnessed taking dangerous risks will not be tolerated. A dangerous risk is defined as willingly attempting anything that is beyond one's ability to control the bike and/or puts someone else in danger.
3. **Respect Other Users.** Yield to other users, even if at times it seems inconvenient. Being sensitive to how others perceive you will assure a positive image for your sport and minimize the restrictions that follow confrontations and negative encounters. *Remember* that bicycles in the backcountry can be an unwelcome experience for horses and hikers. Be friendly. Don't startle others. Yielding means slow down, establish communication, be prepared to stop if necessary and pass safely. You are going slow enough when you can say 'hello' and the hiker can say 'hello' back. Pass with care. Let others know of your presence well in advance. Use a chime or audible greeting to avoid startling others. Be especially careful when passing a horse, as each will react differently; stop and ask the rider for instructions. By asking if the horse is easily spooked, you show an awareness of the rider's needs. Sometimes it may necessary to dismount and remove your bike from the trail to allow others to pass.
4. **Leave No Trace.** Be sensitive to the dirt beneath you. Recognize different types of soils and trail construction; practice low-impact cycling. Wet and muddy trails are more vulnerable to damage. When the trail bed is soft, consider other riding options. Ride it, don't slide or skid. Ride through mud puddles, not around them widening the trail. This also means staying on existing trails and not creating new ones. Don't cut switchbacks. Be sure to pack out at least as much as you pack in. Never build a new trail, jumps, or other riding features without the written permission of the land managers.
5. **Plan Ahead.** Know your equipment, your ability, and the area in which you are riding - and prepare accordingly. Be self-sufficient at all times, keep your equipment in good repair, and carry necessary gear for changes in weather, darkness or other conditions. A well-executed trip is a satisfaction to you and not a burden to others. Always wear a helmet and appropriate safety gear.

6. **Control Your Speed.** Safe speeds are relative to terrain and your experience as a rider. Be able to stop safely without skidding in the distance that you can see ahead. Approach switchbacks and turns in anticipation of someone coming around the bend. Save the racing for on a closed race course.
  
7. **Respect Wildlife and Livestock.** Do not frighten animals. Close gates as you pass through, unless it appears obvious that they have been intentionally left open.
  
8. **Ride Only on Legal Trails.** Team members found to be riding on illegal trails at ANY time, whether on team rides or on their own, will face serious consequences. It is the individual rider's responsibility to know which trails are legal for bikes. Building unauthorized trails or adding unauthorized features (such as berms or jumps) is also unacceptable and carries the same consequences.
  
9. **Obey Traffic Laws.** Team members are required by law to obey all traffic laws. Always ride to the right side of the road and in bike lanes when available. Stop at stop signs and red lights. Signal turns. Use required lights and reflectors at dusk/night. Do not ride on sidewalks. Specific laws that pertain to bicyclists in your state can be found at The League of American Bicyclists: [http://www.bikeleague.org/action/bikelaws/state\\_laws.php](http://www.bikeleague.org/action/bikelaws/state_laws.php)
  
10. **Music Players, Headphones and Cell Phones.** Team members are not allowed to race or ride with headphones or other portable musical devices. Headphones are permitted while riding a stationary trainer only. Team members may not answer a cell phone or make cell phone calls while riding their bike. Team members must safely come to a complete stop and have both feet on the ground in order to use their cell phones.

Please read the NICA 2016 Rules & Guidelines at [www.nationalmtb.org](http://www.nationalmtb.org) for all NICA rules that apply to the Taos Area Composite Team as a NICA Team.

***DISRESPECT OF TEAM OR NICA RULES MAY LEAD TO A  
SUSPENSION FROM TEAM ACTIVITIES.***

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Athlete (signature)

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Date

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Parent/Guardian (signature)

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Date