

# Team Safety Protocols for Adult Guest Riders

## San Ramon Valley Mountain Bike Team

*Our Mission: The positive development and mentoring of young men and women through Mountain Biking with a focus on health, fitness, leadership and active community service.*

These protocols have been developed to promote the safety and success of our team. We expect you, an adult guest rider, as well as the coaches, ride leaders, and student riders to follow these protocols. The overriding guideline is to use good judgment and common sense when making any decisions during a ride.

- **NICA Waiver**

- Like every rider, you must sign a NICA liability waiver to ride with the team.

- **Group Management**

- As an adult guest rider, your primary responsibility is rider safety. Coaches or licensed ride leaders are the ride group leaders. Please don't expect to get a good workout on the ride. This is about the student riders.
- Ride groups must remain together during a ride. We count riders at the beginning of a ride, several times during a ride, and before we head back to our starting place. No rider is allowed to leave the group or join another group once the ride has started without the leader's consent. Any decisions about the route, leaving or splitting the group must be made by the group leader.
- Riders may not return to the start or ride home on their own without the express permission of the group ride leader. If a rider is sick or injured or must leave the ride for any reason, they must first obtain the leader's consent, and they must be accompanied by a ride leader or coach until they are handed off to their parent.
- Riders in a group usually spread out during a ride, which makes it possible that some riders may get separated from the group. To mitigate this, riders in the lead must wait at all major trail intersections unless everyone is familiar with the trail or there are enough adult guest riders to keep the group moving. Riders should regroup at major landmarks, at least three times during the ride, so the group leader can count heads.
- Guest parent riders should not treat their own son or daughter differently than any other student rider.
- If you see or hear something that compromises the safety of our group (physical, mental, or emotional) please step in and intervene, and let a coach or licensed ride leader know as soon as practical.

- **Riding Behavior**

- Helmets must be worn and fastened at all times when on or standing over the bike.
- Riding on pavement:
  - We obey all rules of the road. Riders should put a foot down when they stop at stop signs.
  - Everyone rides single file on the right-hand side of the road.
  - Riders should call out obstacles and overtaking vehicles.

- Passing another rider is allowed where safe. Use a bell or verbal greeting to pass safely. Let other riders know which side you intend to pass on.
  - Jumping off obstacles or wheelies is not allowed at any time. Everyone's wheels must remain on the ground when riding on trails or pavement.
  - Encountering pedestrians and equestrians:
    - Mountain bikers must yield the trail to both pedestrians and equestrians.
    - When approaching a pedestrian, riders must slow down, ring their bell or call out, and pass at a walking pace with a friendly hello.
    - When approaching an equestrian, riders must stop and dismount and verbally greet the rider. Use of bells is discouraged. Ask for permission to pass or instructions from the equestrian before proceeding.
  - We ride only on trails authorized for mountain biking.
  - Inappropriate language is not tolerated
- **Leading and Sweeping**
  - When only one coach or licensed ride leader is available to lead a group, an adult guest rider may be asked to ride at the front (leading) or back (sweeping) of the group. Be sure you share cell phone numbers before the ride.
  - Leading
    - The leader and the sweeper must have the same route in mind. The leader should wait for the sweeper at pre-arranged landmarks on the trail to count the riders and coordinate any route changes.
    - The leader should control the speed of descents.
    - If the leader gets widely separated from the sweeper, it is recommended that the leader and the accompanying riders ride back down the trail to pick up any stragglers and make contact with the sweeper before proceeding.
  - Sweeping
    - The sweeper is the last rider in a ride group. If any rider falls behind due to illness, a mechanical problem, or for any other reason, the sweeper must remain with that rider.
- **Emergencies**
  - If a rider has an accident, especially one that might involve a head injury, the group leader must be informed and the situation evaluated by a coach or licensed ride leader trained in Wilderness First Aid. All accidents must be reported to the Head Coach as soon as possible.
  - Each licensed coach and ride leader has access to emergency numbers, health information of each rider, and parent contact information.
- ***Please be supportive, energetic, and enthusiastic when working with the team.***

I understand and agree to follow these protocols.

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Name (print)
Signed
Date

Jul 28, 2015