

BEAUMONT MIDDLE SCHOOL MTB TEAM POLICIES

SUMMARY

1. All school and SoCal rules and policies will be adhered to.
2. Additional MTB team specific rules apply.
3. The guiding principles for the MTB team are respect, responsibility and representation.

IMPLEMENTATION.

This document's primary purpose is to ensure rider safety and establish clear expectations for athletes and their families.

1. BUSD schools have athletic policies.
 - a. Athletes must not have failing grades.
 - b. Athletes must adhere to school regulations regarding behavior.
 - c. Athletes from BUSD are expected to exceed expectations during team activities and in all other situations.
 - d. An athletic package must be completed and approved prior to ANY participation in team practices and events.
2. SoCal rules apply to general guidelines, race rules and practice limitations.
 - a. Rule book is available at: <https://www.socalyouthcycling.org/rulebook>
3. Team rules are specific to our sport and our team.
 - a. They apply to individual riders, the entire team and event volunteering opportunities.

Please direct questions regarding these rules towards your team director (TD) or head coaches (HC).

BMS TEAM RULES

RACES

1. You must participate in 1 of 5 races.
2. This is an athletic team where you are representing the school.

ATTENDANCE

1. Athletes are expected to attend:
 - a. Practices, 3 days per week
 - b. Team events such as fundraisers, trail maintenance days, team recruiting events
 - c. Required races, at least 1 out of 5 races
2. Riders must notify the HC of any upcoming absences.
 - a. Lack of communication will be documented as unexcused absence.
 - a. 5 unexcused absences will result in exclusion from a race.
 - b. More than 5 unexcused absences will result in a meeting with the TD/HC, athlete and parents/guardians to determine future participation with the team.
 - b. Injury or illness is documented as an excused absence.
 - a. Absences must still be documented, and HC must be notified ahead of the absence.
 - b. If a rider misses more than one consecutive week worth of practice due to injury or illness, a note from a physician is required to return to practice.
 - c. Outside coaching.
 - a. Outside coaching is supported but not in lieu of or replacing team practices.
 - b. Attendance to all practices is still required.

PUNCTUALITY

1. Punctuality is required!
2. Being punctual includes:
 - c. Proper clothing
 - d. A bike in good working order
 - e. All required equipment

- f. A mindset ready to practice.
 - g. Lined up at the start point
3. If any of the above is missing, the rider will be unable to practice that day. Parents, guardians will be notified.

GENERAL EQUIPMENT:

1. All equipment must be kept in good working order.
2. The rider must never come to practice or to a race with a dirty bike.
3. The rider is responsible to perform a general bike check prior to practice, or race to ensure the bike is in good working order.
4. Helmets must be checked for cracks after each fall.
5. Notify the coach of any major equipment change during the season.

REQUIRED BIKE EQUIPMENT:

1. Helmet
 - a. Enduro style or MTB style.
 - b. Well fitted.
2. Spare tubes
 - a. If tubeless, 1 tube
 - b. Otherwise, 2 tubes
3. Tire levers
4. Multitool with chain breaker
5. Mini pump and/or CO₂ inflator
6. Master link
 - a. Specific for the rider's chain
7. Lights!
 - a. Front **and** rear light
 - b. Fully charged at home, or spare batteries with rider

REQUIRED PERSONAL EQUIPMENT:

1. Snacks
2. 2 full water bottles or hydration pack
3. Required medications
4. Proper clothing:
 - a. Athletic clothing – not cotton based
 1. Once wet, cotton does not properly cool or warm the body as needed depending on the season.

- b. This is a safety issue.
- 5. At a minimum leg and arm warmers during cold weather.
 - a. Layered clothing is recommended.
 - b. Rain jacket must be worn in inclement weather conditions.
 - c. Generally, cold weather clothing is indicated when the temperature is below 55°.
- 6. Proper riding bottoms
 - a. Close fitting.
 - 1. Lycra or baggies.
 - b. No Gym shorts, jeans, sweatpants etc.
- 7. Proper shoes:
 - a. Cycling, athletic or skate shoes
- 8. Misc. optional, but highly recommended equipment to increase safety of the rider:
 - a. Full finger gloves
 - b. Safety glasses
 - 1. Ensure they are shatterproof, or ANSI rated.

COMMUNICATION

1. Communication is key. If the athlete or the family have any questions, please speak with the HC or TD.
2. Primary mode of written communication for practice updates or other issues will be the GroupMe platform.

FAMILY INVOLVEMENT

1. All riders are expected to have family support at every race and fundraiser.
2. Riders are expected to have transport for their bike after every practice and race.
3. Parents, please make every attempt to schedule appointments for the athlete on non-practice days.

RESPECT – RESPONSIBILITY-REPRESENT

1. Respect

- a. Show respect for yourself.
- b. Respect for your team, school and family and fellow riders.
- c. Respect the sport of mountain biking.

2. Responsibility

- a. Be on time and communicate.
- b. Riders are responsible to relay information to their families.
- c. Riders are in charge to know the expectations and act accordingly.

3. Represent

- a. Be a positive representative for yourself, your family, team, sport and school.
- b. Keep this in mind for behavior off and on campus, as well as social media posts.

Please print the last page and bring to the practice.

BEAUMONT MOUNTAIN BIKE TEAM RULES AND POLICIES

DATE:

ATHLETE NAME:

Athlete:

I have read the Rules and Policies for the Beaumont MS Mountain bike team. I understand the rules and will follow them.

Athlete Signature: _____

Parents/Guardians:

The rules and policies were provided. I/we agree to adhere to the rules and policies.

Parent/Guardian Signature: _____