



## SMBA Team Athlete Code of Conduct

1. **Safety is first and foremost.** Safety of yourself and others is number one. Avoid taking risks. A risk is defined as willingly attempting anything which is beyond one's ability to control their bike safely. Safety applies to conduct both on and off the bike.
2. **Wear a helmet at all times.** Athletes must wear a helmet at all times while riding their bike.
3. **Always Yield.** 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.
4. **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 be necessary to dismount and remove your bike from the trail to allow others to pass.
5. **Stay on Trails.** Never cut switchbacks as this accelerates erosion. Beware the types of soil you are riding on. Avoid muddy trails and walk or ride through muddy areas, rather than going around them. Use only authorized trail and approved courses. Keep the singletrack single; when yielding or passing other trail users make every effort to stay on the trail, be aware of oncoming user's comfort level. Check with local authorities regarding open trails and conditions, and with landowners regarding private land access.
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.
7. **Respect Wildlife and live stock.** Do not frighten animals. Close gates as you pass through, unless it appears obvious that they have been intentionally left open.
8. **Do Not Litter.** Pack out what you pack in, and if possible, carry out more than your share.
9. **Be Prepared.** Plan ahead. Expect weather changes. Be prepared for an emergency (tools, food, clothing etc.). Keep your bike in good working condition. Leave word where you plan to go and when you plan to return.
10. **Minimize Impacts.** The practice of minimum impact wilderness use is the philosophy of responsible off-road cyclists. Take only pictures.
11. **Encourage and Respect Others.** SMBA riders should encourage all those participating, especially beginners. Respect others property including vans, bikes and belongings. Respect community members, coaches, volunteers and parents.
12. **Be an Ambassador.** Pitch in and contribute to the organization, grassroots cycling events, trail building, etc. We all play a role in promoting the sport of cycling. Share your knowledge and experience. Speak positively about sponsors and always wear your jersey on the podium at races.
13. **Be healthy.** Drugs, smoking, and alcohol are unacceptable and illegal. Abuse of drugs, smoking or alcohol will result in an athlete losing their privilege to be a part of the SMBA Team.
14. **Accept failure as a learning opportunity.** Results are secondary to the camaraderie, adventure, and privilege of participating in such a great sport. It's not whether you make a mistake it's whether you apply the lesson with grace and aplomb.
15. **Maintain balance.** Academics, relationships, health, and other interests are just as important as cycling.

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Rider Signature

Date

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Parent Signature

Date

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Rider Name

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Parent Name