



WSCL 2023 Handbook

League Philosophy and Expectations

General League Philosophy

The Washington Student Cycling League (WSCL) is a holistic mountain bike program for student's grades 6-12. WSCL is a non-profit organization that partners with community organizations to provide cycling opportunities to all students across Washington State. WSCL's mission is to promote youth development, confidence, leadership, health, and public stewardship through mountain biking. WSCL provides a positive outdoor experience and creates the foundation for lifelong cycling enjoyment.

In the mountain biking program, coaches teach bike handling skills, riding etiquette, fitness and health, as well as gain exposure to the sport in a spirited and team atmosphere. To achieve this, WSCL promotes the enjoyment of cycling through quality coaching, fun rides, informative clinics and active participation from our athletes.

General Code of Conduct - Representing the WSCL

Anyone associated with the Washington Student Cycling League – student-athletes, parents, coaches, volunteers and staff - represent the league and cycling in general. This is true at all times, not just at races — when you are at a bike shop, out on the trail or bike park, and regardless of whether you are wearing your team jersey. As representatives of the league, you are expected to adhere to the following guidelines:

Be Considerate, take responsibility, be positive, and be a good steward.

General Guidelines

General guidelines apply to all Washington Student Cycling League (WSCL) activities.

All who participate in any events associated with the Washington Student Cycling League, including but not limited to races, training rides, clinics, camps and practice skill sessions, do so at their own risk. Whether or not they are registered in the Washington Student Cycling League, no liability shall be attached to the WSCL league or any of its officials, coaches, parents, volunteers, and participants with respect to any loss or injury sustained or caused by anyone participating in these events.

By participating in a race or event conducted by the Washington Student Cycling League, a

student-athlete or a parent or legal guardian who permits a minor to compete, acknowledges understanding and acceptance of the regulations covering the event.

Student Eligibility

The WSCL is open to all students who attend public or private schools or who are homeschooled for high school (grades 9-12) and middle school (grades 6-8) within the league's region. The league's region is defined as:

The entire state of Washington, Idaho and Oregon upon the League Director's discretion.

- Middle School Participants
 - Age Minimum: 11 years old by September 1st of active calendar year. Age Maximum: 15 years old by June 1st of the active calendar year. Middle School eligibility is determined by grade.
- High School Participant Age Maximum:
 - 19 years old by July 1st of the active calendar year.

Skipped or Repeated Grades

Student riders who have skipped a single grade or repeated a single grade are placed into categories according to their grade levels as provided under the Category Placement Rules. If a student-rider has skipped more than one grade or repeated any grade more than once must consult with the League Director regarding placement into the appropriate categories.

College Class Enrollment

Student-athletes enrolled or otherwise taking classes in a college remain eligible to compete so long as they are enrolled or taking classes at the college as middle or high school students and not as college students.

Transgender and Non-binary Students

We are committed to better understand and implement inclusive practices for all participants. Our goal is that all participants can compete in a safe and supportive environment, free of discrimination. We encourage all students to participate in our league in a manner that is consistent with their gender identity. Please provide advanced notice if accommodations of any kind are needed. We are still learning and growing regarding our league. Please reach out with feedback, comments, and any knowledge you may wish to share to improve the WSCL.

E-Bike Riders

We are committed to a policy and procedure development that will safely and fairly serve students with medical conditions via adaptive equipment. In the meantime, the WSCL welcomes case by case requests for adaptive equipment, including E-Bikes to participate in our programming. We are very fortunate to have the current E-Bike technology which allows

teenagers living with life impacting conditions to have a chance to mountain bike. Race participation is always determined first and foremost by the safety of all students involved. All medical conditions requiring adaptive equipment must apply through the league. If you have any questions regarding this policy, please contact the league director at executivedirector@washingtonleague.org

All Students and Coaches Must Register

All students, and all coaches (all levels) must register with the League. Students and coaches (all levels) who are not registered are not insured and not eligible to participate. Registration must include the following:

- The students' WSCL registration fees must be paid.
- The student must be registered in the WSCL registration system and have their liability waiver signed by a parent or legal guardian.
- Coaches (all levels) must register in the WSCL registration system and have their liability waiver signed and pay the annual coach license fee.
- Coaches (all levels) must complete their annual background check and, at a minimum, annual WSCL concussion training and the WSCL 100 online course.
- All registration is conducted online through the WSCL registration system.

Team Definitions and Guidelines

Similar to other interscholastic and private youth sport league program standards, **only registered and official WSCL teams are able to participate in the Spring and Fall League Programs and culminating race series.**

The Washington Student Cycling League is not a WIAA recognized or sanctioned interscholastic sport.

Team Structure and Leadership

WSCL Teams operate under the 501 (c)(3) organization of the WSCL and are governed by the board of directors. Each team is led by a Head Coach who carries out the WSCL program within the boundary designated by the WSCL. Each team will have at least one assistant coach who will assist the Head Coach in operating the team. The head coach may delegate administrative responsibilities to other registered coaches on their roster.

Team Requirements

- A WSCL team operates under the leadership of dedicated volunteer coaches, holds

practice on a regular basis during the Spring and Fall League Program and students on the team attend practices on a regular basis.

- New teams must apply to become a team through the WSCL.
- Returning teams must register annually with the League. Teams must not conduct any activities without registering and obtaining insurance through the League.
- Teams must have a minimum of two registered coaches.
- Returning teams must have a Head Coach who is a level 2 coach or higher.
- It is recommended that teams have a unique Jersey or Shirt and students rostered on the team wear it while participating in WSCL Races.

Team Structure

- Students are from the same school district or defined boundary which may include multiple school districts.
- Teams are made up of Middle School students in 6th to 8th grade, and High School students in 9th to 12th grade.
- Team boundaries will be evaluated annually.

Home-School Students

Homeschool students may join teams according to the location of the school district they would attend if not homeschooled.

Independent Riders

Students that do not have a team in their area can still participate in races with the League but will not score in the team competition.

Petitions Eligibility Exceptions

If a student and their parent/guardian believe they have an exceptional situation they may file a petition.

Equipment Guidelines

Selection of equipment and clothing are solely the responsibility of the rider. WSCL assumes no responsibility for safety or performance of any items selected by the rider. Each rider is responsible for proper maintenance of his/her clothing and equipment.

For team practices and rides, the coaches may disallow participation of any rider using equipment or clothing deemed dangerous or inadequate.

For league races, a league official may disallow the start of any rider using equipment or clothing deemed dangerous or inadequate.

Helmets

Student-athletes and participants (parents, volunteers, coaches, spectators, and staff) must wear an approved helmet any time their bicycle is in motion. Student-athletes must also keep their helmet on when walking or running on the course with a mechanical problem.

[ORANGE LEVEL CONSEQUENCES]

Approved Helmets must meet one of the following standards:

- American National Standards Institute (ANSI) Standard Z90.4.
- Snell Memorial Foundation Standard "B" or "N" series.
- American Society for Testing and Materials (ASTM) standard F-1447.
- U.S. Consumer Product Safety Commission (CPSC) standard for bicycle helmets.
- European Committee for Standardization (CE EN1078) standard for bicycle helmets.

Bicycles and Related Equipment

Bicycles:

- Mountain bikes only. All riders must use a mountain bike, as designated by the manufacturer, designed for off-road biking.
- No road bikes, cyclocross bikes, tandem bikes, or mountain bikes with drop-down handlebars.
- Bicycles must be propelled by the rider's legs only. Student riders are not allowed to ride E-Bikes in races, except with allowance from the Executive Director due to medical conditions.

Wheels:

- Wheels must be between 24 and 29 inches. Wheels are acceptable based on rider size and correct rider wheel size proportions.

Tires:

- Tires must have knobbies, and must not be narrower than 1.75 inches.
- No slick tires are permitted.

Brakes:

- Bicycles shall have at least two brakes, one on each wheel, that are in good working condition.
- Brake pads must not be worn below recommended limits.
- It is recommended that bicycles be looked at by a mechanic before every race.

Handlebars:

- Handlebars must be mountain bike specific; no drop bars or aero bars.
- No bar ends (forward pointing handle grip extensions) may be used.
- Handlebar end plugs and stem caps are required.

Bicycle Additions and Accessories

- Nothing may be added to the basic bicycle to reduce air resistance.
- No kickstands allowed.

- No bike racks or panniers allowed.
- Saddlebags and bicycle computers must be securely mounted.

Clothing

It is recommended that you wear clothing conducive to riding in practices and races. Keep in mind that baggy clothing could pose a safety risk with entanglements with moving parts of a bicycle especially when mountain biking. Baggy or loose clothing past the knees is highly discouraged to avoid this risk. League officials can require a rider to change if they deem the clothing to be a safety risk.

It is recommended that all team members wear similar jerseys or shirts at races.

Footwear must be fully enclosed and fastened with either Velcro straps, buckles or laces.

Laces can pose a safety hazard and should be used with caution.

Banned Equipment and Accessories

Music Players/Headphones

Student-athletes are not allowed to race or ride with headphones or other portable musical devices. Headphones are permitted while riding a stationary trainer.

[ORANGE LEVEL CONSEQUENCES]

Cell Phones

Student athletes may not answer a cell phone or make cell phone calls while riding their bikes.

Student athletes must safely come to a complete stop and have both feet on the ground in order to use their cell phones.

[ORANGE LEVEL CONSEQUENCES]

Helmet and Bike-Mount Cameras

Due to rider safety, helmet or other types of mounted cameras are not allowed at practices, races or WSCL events. (Use may be permitted only in writing by the WSCL Executive Director).

[ORANGE LEVEL CONSEQUENCES]

Drones

For the safety of our students, the WSCL bans all drone flying at our events without prior approval of the League. Some of our events are held on properties where the Federal Aviation Administration (FAA) restricts or bans the use of drones. Operators who violate airspace restrictions may be subject to enforcement action, including potential civil penalties and criminal charges.

Coaching

Coaches are the cornerstone of the WSCL program. We want our coaches to confidently provide a safe and positive environment for our students while making mountain biking fun and applicable to life. Lessons learned on a bike are lessons learned in life.

- Competition is a tool for development: Competition whether it is within a practice or at a race is a tool to help riders push themselves and learn. Coaching focuses on growth. Performance is a byproduct.
- Leaders develop leaders: A coach is only as strong as the leadership team they build around them. Coaching is about elevating those around you.

Team Roles and Responsibilities:

Head Coach

A head coach is that person given the authority to run a WSCL team. They are responsible to ensure that team activities are run according to the mission, policies, and schedule team activities. Requirements:

- Be registered as the Head Coach
- Be 21+ years of age
- Be a Level 2 or higher licensed WSCL Coach.

Coach

Lead rides and coach student athletes on bike handling skills and fitness development. 2 adults are always assigned to each group, as indicated by Safe Sport guidelines. Requirements:

- At least 18 years of age
- Be registered as a coach (includes annual background check)
- Serve as a Level 1, 2 or 3 coach for your team

Junior Assistant Coach

Junior Assistant Coaches are recommended student leaders who serve as an assistant coach, with guidance and oversight from coaches. Requirements:

- At least 15 years of age
- Be registered as a student rider on your team, paying your registration/team fees
- Serve as a Level 1, 2 or 3 coach for your team

Activity Roles

- Person in Charge of the Activity (PICA): An activity will have a designated PICA who is a Level 2 coach and 21 years of age or older. Their role is to ensure that the activity operates in line with the goals, policies, and procedures of the WSCL.
- Group Leader: When students in an activity are split into groups, each group will have a Group Leader who is a Level 1 or higher coach. Their role is to balance fun, empowerment, and risk management for their group. The group leader is responsible for

making final decisions for the group while separated from the PICA.

- Support: Coaches assisting a Group Leader or PICA may be Level 1 or higher coaches and whose primary role is to help students develop the Connection, Character, and Confidence aspects of the 4 C's. They assist the Group Leader with Risk Management and developing confidence within their level of training.

Coach to Student Ratios

All Activities:

- A minimum of 2 coaches will be present at all activities.
- No one-on-one situations.

On-Bike Activities:

- Everyone who is participating with the team activity must be currently rostered as a student or coach with the team.
- 1:6 coach to student ratio.
- Group size is a minimum 3, maximum 10 per group including students and coaches.

Off-Bike Activities:

- 1:8 coach to student ratio.

License Levels

The Washington Student Cycling League Coach Licensing Program ensures that all adults working with our students have the knowledge needed to be a positive influence. WSCL licenses also protect volunteers and coaches with comprehensive insurance and protect our youth with background checks. To become a coach, start with License Level 1 and take it one step at a time throughout the year as opportunities arise to complete additional requirements.

Minimum requirement for adults to participate with a WSCL team is License Level 1 per our "SafeKids Policy".

The levels are based on meeting certain requirements of training, experience, and age before being put into a role where your actions will impact the safety and growth of students in the WSCL program.

LEVEL 1: To work with minors within the WSCL program a coach needs to complete: registration, pass a background check, take the cdc concussion course and take the WSCL 100 Orientation course.

LEVEL 2: To be a Ride Leader and Level 2 skills instructor a coach must: Complete all Level 1 requirements, be currently certified in First Aid and CPR or a higher level of training. Complete the Level 2 in person certification.

LEVEL 3: To create a Level 3 skills instruction setting where the coach prescribes 1: an obstacle, feature, marked area to ride, and 2: How to ride the prescribed feature. A coach should have training in 1. A lesson format and 2. Explaining and Assessing safe riding techniques.

Requirements: Meets all Level 2 requirements plus, complete the WSCL Level 3 course or a WSCL

recognized equivalent or higher MTB skills instructor certification.

Coach License Chart

| LICENSE REQUIREMENT | LEVEL 1 | LEVEL 2 | LEVEL 3 |
|---------------------------------------|----------|---------|---------|
| Age | 18 | 18 | 18 |
| Junior Assistant Coach | 15 | 15 | 15 |
| Participation Agreement | Annually | | |
| Registration & License Fee | Annually | | |
| Background Check | Annually | | |
| CPR Certification | NR | x | x |
| First Aid Certification | NR | x | x |
| Level 1 Concussion Training (online)* | x | x | x |
| Level 1 Certification Orientation | x | x | x |
| Level 2 Certification in person** | | x | x |
| Level 3 Certification in person | | | x |
| Team/Group Requirements | | | |
| Serve as team/group communicator | x | x | x |
| Coordinate coach staffing/ride sched. | x | x | x |
| Ride with team/group as support | x | x | x |
| Ride with team/group as leader | | x | x |

NR = not required

* Concussion recertification every 3 years

** Coaches must be active on a team for one year before becoming a Level 2 coach

Coach Code of Conduct

As a volunteer coach (team manager, head coach, assistant coach, ride leader or team volunteer) for the Washington Student Cycling League, I acknowledge the following to be guidelines and I accept and agree to abide by the following:

1. That the program is for the student-athletes participating. It is not for the coach or parent, but designed to develop self-esteem, values and skills in the participating students.
2. That the program is not for my personal or professional financial benefit.
3. That I will not use the League and its resources to promote another program or business for which I am involved in.
4. That I am responsible not only for my conduct and performance but also that of my assistants, student-athletes and the parents of the student-athletes.
5. That the program is to include team building, student-leadership development, and common enjoyment through recreation, physical activity, and competitions. I will encourage fulfillment of these goals and implement activities that promote these goals in my coaching program.
6. That I will provide a positive environment by encouraging good sportsmanship by demonstrating positive support for all riders, coaches and officials at every race, practice and other events, both on and off the bike.
7. That I will conduct all practices and trail rides in a professional, safe, and responsible manner, keeping with League policies while coaching within my ability and training.
8. That I will coach/instruct according to the skill level of the team members in order to develop and improve the skills of all members.
9. That I will always use appropriate language and be respectful to coaches, participants, league staff and officials.
10. That I will provide an alcohol, tobacco and drug free environment for student-athletes and parents at all races and practices. I will lead by example.
11. That I will make every effort to attend all coaches' meetings and practices. I will also complete all the necessary paperwork as requested.
12. That I will not share or solicit any personal information about my or the League student-athletes, parents or coaches obtained through the program, including information obtained through the registration system such as contact, financial, personal or health information.

13. That I will not reproduce any manuals, handbooks, or documents provided by the League.

I understand that these are copyrighted materials or proprietary information.

Furthermore:

1. I understand that I am a role model to the team members and ensure that all team members positively represent the Washington Student Cycling League at all times
2. I understand that I must always conduct myself in a manner that does not detract from the reputation of the League. This includes behavior in race situations and contact with other teams.
3. I understand that any coach receiving disciplinary action from an official or the League Director during the season may be dismissed from coaching indefinitely.
4. I understand that when registering with the League I will be required to submit information for a Background Screening and that I will be required to perform this screening every two years.

Safe Kids

Policies and Preventative Measures

The following constitute the policies of Washington Student Cycling League (WSCL) with regard to awareness and prevention of abuse within our organization and our teams.

- WSCL is committed to provide a safe environment and to prevent child abuse and sexual misconduct.
- WSCL will make every reasonable effort to ensure that every person involved in coaching/training/managing a sport activity in our organization will abide by the SafeKids guidelines.
- WSCL will make every reasonable effort to exclude any adult with a legally documented history of child abuse/molestation or any other conviction or record that would bring unnecessary risk to the health and safety of the participants of this organization.
- WSCL will perform a criminal background check on every adult in our organization.
- WSCL will take appropriate action on all allegations of child abuse and/or sexual misconduct. All allegations will be reported immediately to the authorities for investigation and we will cooperate fully with any such investigation.

The following represent the preventative measures of our organization with regard to abuse and all Team Managers, Head Coaches, Ride Leaders, Team Volunteers and General Volunteers are to be made aware of the following policies:

- Physical, mental, and verbal abuse of any of the participants, coaches, managers, employees, volunteers involved in our sponsored activities is not permitted.

- Inappropriate touching of any kind is forbidden.
- We agree to provide more than one adult working at or overseeing every activity whenever possible and seek to avoid one-on-one situations. If a child needs special attention, it will be handled with the assistance or presence of another adult.
- Employees/coaches/trainers should not socialize with the participants outside of the sponsored activities of the organization.
- Employees/coaches/trainers should never ride alone with a child or participant in the car. Procedures will be established for employees/coaches/trainers to follow in the event a participant is stranded at an activity.
- Parents are encouraged to attend sponsored activities.
- It is the intent of the WSCL to deny a position to anyone convicted of a crime of violence or a crime against another person.

Who must report?

Anyone who has reasonable cause to believe that a child has suffered abuse or neglect can, in good faith, report. If you are identified as a mandatory reporter, you are required by law to report your concerns to the local Children’s Administration (CA) office, Child Abuse Hotline or law enforcement.

Staff and coaches of the Washington Student Cycling League are considered mandatory reporters.

If abuse or misconduct is reported or there is reasonable cause to believe that a child has suffered abuse or neglect, the report must be made at the first opportunity, but in no case longer than 48 hours.

Report to:

Local law enforcement at: 911

or

Child Abuse and Neglect Hotline at: 1-866-ENDHARM (1-866-363-4276)

and

File an Incident/Injury Report to:

Washington Student Cycling League

executivedirector@washingtonleague.org p. (206) 317-4278

Criminal Background Check Policy

The Washington Student Cycling League (WSCL) requires that all employees, Volunteer coaches, volunteers and contractors serving in key race positions comply with WSCL policy on criminal background checks.

Requirements

- When registering, WSCL Coaches must submit an annual criminal background check via the WSCL registration system.

Rule Violations, Misconduct, and Consequences

Violations of both racing rules and individual behavior will result in consequences at one of the following levels. Consequences may be applied at the discretion of the League Director and/or a League Official if violations occur during a League event. Coaches are responsible for applying consequences for team related issues. Not all rules have consequences that fall within these levels. Officials and coaches may determine other penalties that are not specified in the rulebook, but are deemed appropriate. If certain rules or behavior have specified consequences, they are noted throughout this document.

Student Program Violations

YELLOW LEVEL CONSEQUENCES

- Level 1: Warning
- Level 2: Removal from the Activity
- Level 3: Becomes Orange

ORANGE LEVEL CONSEQUENCES

- Level 1: Removal from the Activity
- Level 2: 7 day suspension
- Level 3: Becomes Red

RED LEVEL CONSEQUENCES

- Level 1: Suspension from all WSCL activities for 7 days.
- Level 2: Removal from all WSCL activities for the remainder of the season.
- Level 3: Lifetime ban from all WSCL activities.

Types of Misconduct and Consequences

The primary types of misconduct involving student-athletes:

- Unsportsmanlike Conduct
- Fighting
- Bullying
- Hazing
- Harassment

Illegal Substances

- No student will use any substance that is illegal for them to use at a WSCL activity.
[RED LEVEL CONSEQUENCES]

Participation under the Influence

- Participation in a WSCL activity while under the influence of a drug or substance is prohibited. [RED LEVEL CONSEQUENCES]

Racing Penalties

YELLOW PENALTY

- First offense: Warning
- Second offense: Becomes Orange

ORANGE PENALTY

- First offense: 5 minute penalty and ineligible for team scoring for the day.
- Second offense: Becomes Red

RED PENALTY

- First offense: Disqualification from the race of infraction.
- Second offense: Disqualification from the race series for the current season. Automatically considered a Red Level Program Rule violation.
- Third offense: Lifetime ban from WSCL Activities.

Race Penalty Examples

- Passing in a manner that compromises the safety of other Riders will not be tolerated.
- A Rider may not bodily interfere with the intent to impede another Rider's progress.
- JV and Varsity Riders may not accept outside assistance. They must repair their own flat tires and mechanical problems and carry their own tools, tubes, etc.
- Riders must complete the entire race on the same bicycle upon which the race was begun.
- A Rider may not leave the marked course unless ordered or permitted to do so by public authorities or a race official.

Race Categories

Race categories are skills and experience-based. Our goal is to place each student-athlete in the appropriate category for safety, fair competition, and racing experience. We want to create the safest race experience for all our riders while keeping the racing challenging and fun!

Category Placement

Student-athletes do not choose their race category. At the beginning of each season the League will assign each rider a category. Assignments are based on grade level, prior season race category and results. Below are the League category placement guidelines. There are always

exceptions and the League takes these into consideration when assigning categories. Students new to the league are placed in a category based on default placement outlined above. For returning student-riders, prior performance, individual race results and a student's end-of-season overall standings are used to determine placement from season to season.

| CATEGORY | ELIGIBILITY * LAPS * TIME DISTANCE |
|--------------------|---|
| 6th Grade | 6th Grade Students 1 30-45 minutes |
| 7th Grade | 7th Grade Students 1 30-45 minutes |
| 8th Grade | 8th Grade Students 1 30-45 minutes |
| Beginner | 9th - 12th Grade Students 1 30-45 minutes |
| Adv. Middle School | 6th-8th Grade Students 2 45-60 minutes |
| Intermediate | 9th-12th Grade Students 2 45-60 minutes |
| JV | 7th-12th Grade Students 3 80-100 minutes |
| Varsity | 7th - 12th Grade Students 3 60-90 minutes |

* Time is approximate and the number of laps may vary depending on course and weather conditions. The final number of laps will be announced at the coaches meeting before each race.

Petition Process for Upgrading and Downgrading Categories

If a rider would like to change his/her race category, a Petition for Category Placement must be submitted.

The petition form can be found on the WSCL website.

<http://washingtonleague.org/petition-category-placement/>

| CATEGORY | ELIGIBILITY | UPGRADE CRITERIA | UPGRADES TO |
|-----------|--------------------|---|------------------------|
| 6th Grade | 6th Grade Students | Riders finishing within 10% of Advanced Middle School average lap time will be evaluated for exception. | Advanced Middle School |
| 7th Grade | 7th Grade Students | Riders finishing within 10% of Advanced Middle School average lap time will be evaluated for exception. | Advanced Middle School |

| | | | |
|---|---|--|--|
| 8th Grade Advanced Middle School | 8th Grade Students 6th - 8th Grade Students | Riders finishing within 10% of Advanced Middle School average lap time will be evaluated for exception. Riders finishing within 10% of Junior Varsity average lap time will be evaluated for exception. | Advanced Middle School Junior Varsity (JV) |
|---|---|--|--|

Downgrading Categories

Downgrading racing categories is highly discouraged and rarely granted. However, there are times when a downgrade is warranted. Please file a petition if a student would like to downgrade categories.

Riders who are more than halfway through a WSCL race series are not eligible for downgrades. A rider cannot be downgraded in the same year that he/she was upgraded.

Mandatory Upgrades

A category upgrade will be mandated if two of the following conditions are met:

1. In the prior year the rider placed first in their final category two or more times
2. In the prior year the rider placed in the top 10% of the average field size for the season in their final category. DNFs are calculated on the average.
3. In the current year the rider places 1st in two races and their total time is 5 minutes or more from the 2nd place finisher in both races.

Lapped Riders May Be Pulled

Lapped riders may be pulled from the race at the finish line. At the League Director's or a race official's discretion, a rider may be pulled from a race at any location on the course due to circumstances that make it unsafe for him or her to proceed. Riders who are pulled out of the race must not continue and will be placed based on when the rider was pulled from the race and will not count as a DNF according to their position at the time they were pulled.

Time Limits May Be Imposed

Riders may be asked to withdraw at the finish line after time limits have been reached. Race officials reserve the right to determine these time limits at any time, including during the race. Time limits may be imposed for reasons that include, among others: safety, heat, cold, rain, muddy conditions, clearing the course, and relieving course marshals. Time limits do not need to be announced in advance.

If a rider makes the time cutoff but does not complete the final lap due to a mechanical, crash, or other reason, it is considered a DNF.

Race Officials may also, if deemed appropriate, opt to pull an individual rider who appears to be overheated, hypothermic, overly exhausted, or in any way injured, over-stressed, or at risk of injuring themselves.

Riders on the Course

1. Only WSCL Program officially registered riders, coaches, and staff may ride, practice or compete on the designated race course on race day, including pre-riding the course.
2. Riders must affix an official WSCL number plate to their bikes at WSCL races. The number plate should be attached with at least three fasteners. It must be on the bike for the pre-ride and should remain on the bike at any time the student-athlete is riding at the event (before and after competing and including the pre-ride).
3. A student-athlete may not be on the course during a race for which he/she is not registered or if he/she has withdrawn or has been directed to withdraw.
4. Cutting the course is not allowed and no rider may deviate from the edge of the trail as defined by change in surface or foliage characteristics by more than 3 feet, or by course marking tape, flags, and/or race directional signs.
5. Student riders must cross the finish with both of their original wheels from their bike, regardless if riding their bike or not.

Staging for Race Starts/Call Ups

General Start Line Guidelines:

- Riders must arrive at the start line staging area at the time posted on the race day schedule. Current schedule will be posted on the WSCL website.
- Riders must position themselves in designated start lanes without overlapping the wheels of the rider in front of them.
- No cutting is allowed into the side or front of the group. Head to the back of the line.

Start Line Call-Ups:

Start line call-ups for top placed riders takes place at all races. At the first race of the season the call-ups are based on the overall points earned from the previous season, regardless of the category where the points were earned. At all subsequent races, the call-ups are based on the overall placing in that category.

The top 10 riders in every category will be called up. An additional 5 riders may be called-up in field sizes greater than 30.

Switching Bikes

Switching bikes is not permitted. Racers must ride the same bike for the entire race. Red Level consequences are incurred for bike swaps.

Walking the Bike

Competitors must have their original bike to make progress on the course. In the case of an inoperable bike, student-athletes may progress along the course with their bike to the finish line. However, they must stay on the course, and must not obstruct the progress of other racers.

Outside Assistance **ORANGE PENALTY**

Riders in Middle School Categories, Beginner and Intermediate categories may receive outside assistance without penalty. JV and Varsity riders should be prepared to change flat tires and make any mechanical repairs by themselves and must carry their own tools, tubes, etc. Outside assistance includes food & water outside the feed zone.

For JV and Varsity riders, if outside assistance is received, or if parts, tools or food are given to the rider during the course of the race, an Orange Level penalty will be assessed. The rider must report an occurrence of outside assistance before the end of the protest period that precedes the award ceremony. The rider must report to a Scoring Official, Course Marshal or other Race Official. If a rider does not self-report, the penalty may be doubled.

Repair Bikes off The Trail

In the case of a broken bicycle or a dropped chain, riders must clear the trail for other competitors.

Passing Slower Riders

When passing on the race course, do so respectfully and only when it is possible to do so safely and without contact with another rider. Actions that compromise the safety of other riders will not be tolerated.

It is the responsibility of passing riders to overtake safely. Riders should voice the command "Passing" when overtaking another rider. Riders being passed must move over as quickly, efficiently, and as safely as possible.

In the event two riders are vying for position, the leading rider does not have to yield his position to the challenging rider. However, a rider may not bodily interfere with the intent to impede another rider's progress. Traditional rules of racing apply: the leading rider owns the track.

Yielding to Other Riders

Racers riding bicycles have the right of way over racers pushing bicycles. When practical, racers pushing shall stay on the least rideable portion of the trail when being passed. A racer pushing or carrying his/her bike can overtake a racer riding their bike, provided they do not interfere with

the rider's progress.

Lapped riders must yield to overtaking riders. The overtaking rider shall voice the command "passing left" or "passing right" when overtaking another. The rider being passed must move over as quickly, efficiently and as safely as possible.

Reckless Riding

Reckless riding will not be tolerated. Riders are responsible to consider the likelihood and consequences of an action causing harm to themselves or others. This includes riding out of control, passing without enough space, wheelies, riding with no hands, and any other action deemed reckless by race officials.

RED LEVEL CONSEQUENCES

Anti-doping

WADA (World Anti-Doping Agency)

- The WSCL will apply WADA assigned consequences for WSCL races. All participants are encouraged to read and comply with WADA Anti-doping policies and regulations. See <https://www.usacycling.org/race-clean> for more info.

Leader's Jersey

The top points earner in each category after each race will be awarded a Leader Jersey. The Leader is expected to wear the jersey at WSCL races, so long as they remain the top points holder. In the case of a tie, both riders wear the Leader's Jersey. The overall winner of the series should wear the Leader's Jersey to the first race of the following season.

Scoring and Points

All racers earn both individual points and team points with the exception of Independent riders who do not earn team points. At each race, the top individual point earners for that race will be recognized in an awards ceremony. In addition, the top overall teams (based on accumulated points) will be recognized. At the end of the season, both individual and team series awards will be given.

Individual Scoring

Each Race

At each race the top five (5) point earners for that race will be recognized at the awards ceremony.

Series

Overall series scoring for individuals is based on the best 3 of 4 races in a four race series, or 4 of 5

in a five race series. In other words, the lowest score is dropped. A missed race would be the lowest score dropped.

In the event of a race being canceled every effort will be made to reschedule the race. In the event that a race cannot be rescheduled, overall scoring will be calculated by the total points earned in the series.

In the case of a tie, the overall series winner title will be awarded to the rider that placed the highest on the day of the last race.

End of the season individual overall series medals are awarded to 10% of the average field size during the season (rounded up) plus 2 places deep for up to 5 overall places. (For example, if there is an average of only 10 riders per category over the course of a season, only 3 series medals will be awarded.)

State Championship

A student rider must participate in at least one prior race in the current season to be eligible to podium in the state championship. We will allow a student rider to participate but not podium in the state championship if it is their first race of the season, on a case by case basis.

Team Scoring

Each Race

Team scoring is divided into two categories (D1 and D2) based on team size. D1 teams will be scored on their top 5 riders. D2 teams will be scored on their top 3 riders. At the end of each registration period, we will divide all teams registered into these two categories based on student numbers. D1 will be the larger teams and D2 smaller teams. We score middle and high school teams separately, a composite team will be classified into two categories. These categories do not necessarily have to be the same division, but will be determined by the number of students in each age category.

Any ties in team scoring will be decided based on the highest placing rider(s) on the affected teams.

A team may declare a rider as "non-racing" meaning that they are not racing at all during the season and thus not scoring individual or team points.

Series

Team overall series trophies are based upon cumulative team scores over the course of the series and are awarded three places deep.

Point Transfers for Upgrading and Downgrading

Individual earned points will be carried forward for upgraded categories. Individual earned points will NOT be carried forward for downgraded categories. It is recommended that student-athletes do not petition to change categories during the series.

Individual Scoring

The base scoring system will use 600 points for first place with each successive position dropping 4 points (.i.e. second 596 points, third 592 points, fourth 588 points, etc.). This allows points to be awarded for up to 150 places.

Category Points

In determining individual points: Varsity and JV will be awarded full points (600 for first place). Intermediate and Advanced Middle School will receive 3/4 points (450 for first place). Beginner and Middle School grades will receive 1/2 points (300 for first place).

USA Cycling

Through developing youth cycling opportunities while cultivating leadership, teamwork, and community, we are able to create a lifelong passion for cycling, as we work towards a common goal of getting more kids on bikes and keep them riding through life. The benefits of this commitment will be realized with:

- Collaboration on connecting maturing riders with their next cycling experience. USA Cycling champions the development of its junior members. A huge part of this collaboration will be for USAC to show young league members all of the possibilities that come with racing and riding your bike.
- Recognition of the Washington Student Cycling League event results in the USAC ranking system. This will facilitate Regional and National Championship call-ups and optimize the opportunity for riders to compete in a variety of events. License holders and registered clubs are actively ranked in the USAC online ranking system. If WSCL athletes choose to race nationals, their call-up positions will be partially chosen by how they rank against other riders their age. Call-up positions are crucial when racing against large fields.

For the junior licenses (18 & under), the riders will be provided a free membership. We will provide a coupon code to discount all junior licenses. Visit: <https://memberships.usacycling.org/>

Refund Policy

Our refund policy applies to all registered participants (i.e. student-riders, coaches, camp/clinic participants).

Program Fees: Program Fees are partially refunded and issued for season-ending injuries only. Refunds are prorated based on the number of weeks remaining in the program, less a 15% administrative fee. No refunds for Program Fees will be issued after the first race.

Conferences, Summits, Camps & Clinics: 100% refundable 3 weeks prior to event, less 15% administrative fee. 50% refundable 2 weeks prior to the event, less 15% administrative fee. No refunds less than 1 week prior to the event. A full refund will be issued for any canceled events.

Team Registration Refunds: No refunds.

Coach Registration & Background Checks: No refunds.

No refund for race cancellations.

Meet the League Rides

What is a “Meet the League” ride?

Meet the League Rides are a way for student-athletes, parents, school administrators, and potential new volunteer coaches to come out and meet League representatives, local team coaches and student-athletes, and to see firsthand what the League is all about.

We recognize that often riders want to experience a typical team ride before making the commitment for the entire season and these rides are intended to serve as recruitment and educational opportunities. Come join us and explore trails via mountain bike, meet fellow students and coaches. These rides are social and suitable for all fitness and ability levels. Please bring a mountain bike, helmet, and a sense of fun. Rain or shine, dress for weather. Meet the League rides are free. Meet the League Rides are typically hosted by existing league teams and open to the public.

Who is eligible to attend a Meet the League Ride?

- Students who are currently enrolled in the grades 6th through 12th in public school, private school, alternative school or homeschool.
- Any interested adult looking to learn more about the League and local teams.

Meet the League Ride Hosting Requirements:

- Your team must be currently registered with the League. *
- A minimum of two registered coaches must be present at all times.
- A Level 2 coach must be present. **
- Minimum adult to student-athlete ratios of one adult (registered coach) per six students (1:6), but a 1:4 ratio is ideal.

- Meet the League Ride must be approved by the Washington Student Cycling League.
- An Emergency Action Plan must be prepared.
- All riders (students and adults) must complete a Liability Waiver before any riding occurs.
NO EXCEPTIONS.
- Any accidents or injuries must be reported to the League via the Incident/Injury Report Form within 24 hours of the incident. Please report serious incidents to the League Director immediately. The League Director can be reached at 206-317-4278.

Emergency Action Plan and Incident Protocols

When an Incident Happens on the Trail:

Your response to an incident/injury is critical. What you do (or don't do) can have serious repercussions for our students' long-term well-being and your degree of protection from legal action. What follows are the steps you should take when you have an injured rider or riders out on the trail.

1. Remain calm. Take your time. Rushing only causes poor decisions and sloppy care.
2. Prevent the rider from jumping right back on the bike. Often due to adrenaline, ego, or embarrassment, riders will try to get right back on the bike and keep riding. This can be very dangerous as they might have an injury they are unaware of and/or the bike may have been damaged in the crash. Insist they take some time to breath, calm down, and for you to do the assessment.
3. Make sure you are in a safe location to assess the rider (i.e. not in the middle of the trail right around a blind corner)
4. Assess the rider. Use your first aid training to do a full patient assessment.
5. Provide treatment if necessary. Based upon the finding of your assessment, provide appropriate treatments. Never provide treatment beyond your level of training.
6. Make a decision. Can this rider continue on (riding or walking) or does she/he need to stay put and wait for help to come? (If you feel there is damage to the spinal cord, neck, back or head do not move the patient. Provide support to the patient's head with your hands by holding their head and neck still and wait for emergency assistance to arrive.)

If you decide your rider can continue on:

1. Assess the bicycle. Make sure everything is in good working order before the rider continues.
2. Take it slow, walk if necessary
3. Stop to reassess the student's health throughout the ride.
4. Cut the ride short if necessary.

If you decide to keep the rider where she/he is and call for help:

1. Remain calm. Reassure the injured rider.
2. If you, or someone else, are riding out to get help, ride safely and calmly so as not to become a second patient.
3. Keep the injured rider warm.
4. Continue to monitor the injured rider.
5. Remain aware of the rest of your group and make sure they are safe. If there is another coach/ride leader, they can take the rest of the group and continue on the ride. Try to remove the rest of the group if possible. If you don't have another coach/ride leader and you are awaiting emergency care, look at having the rest of the group help line the trial to assist with the medical team to find the injured rider.

If the rider needs emergency medical attention, after the rider has been removed by medical personnel, try to contact the rider's parents/emergency contacts to update them on the rider's status and where the rider will be taken by emergency personnel.

After you are done with practice you will need to fill out an incident injury report form and submit that to the league director as soon as possible.

Severe/Hazardous Weather Guidelines:

Hazardous weather is defined as weather events that may endanger students and coaches.

WSCL Events

WSCL will attempt to make a determination of cancellation 48 hours in advance of the scheduled event. In instances where weather or conditions are not predictable, WSCL will assume that the scheduled event will take place, and an onsite determination may be made the day of the event. Students and coaches shall travel to the event at their own discretion.

Practice Conditions

SMOKE WSCL follows state guidelines (Dept of Health and WIAA) for activities during periods of poor air quality, generally, activities should be canceled or moved indoors if a local AQI reading over is 150 ppm

THUNDERSTORMS: If thunderstorms that include lightning are predicted during practice times, WSCL encourages coaches to cancel practice or move activities indoors.

WIND EVENTS: WSCL advises against riding in treed areas during wind events of XX MPH or more.

HEAVY RAIN/SNOW/HAIL: WSCL advises against practicing during rain, snow and/or hail events that would impede visibility.

Washington Air Quality Guide for School & Child Care Activities

Vehicle exhaust, woodstove emissions, industrial emissions, wildfire smoke, windblown dust, and other sources contain fine particle pollution (PM2.5) that can seriously affect children’s health. The following public health recommendations to protect children from PM2.5 are designed for school activities and can be applied to child care, before/after school programs, camp, and sports programs for children (18 years and younger) by considering the duration of outdoor activities.

| | Good (0-50) | Moderate (51-100) | Unhealthy for Sensitive Groups (101-150) | Unhealthy (151-200) | Very Unhealthy/ Hazardous (>200) |
|---|------------------|---|--|--|--|
| Recess (15 minutes) | No restrictions. | Allow children with health conditions (see below*) to stay indoors. | Keep children with health conditions indoors. Keep activity levels light for these children unless indoor PM2.5 levels are below 35.5 µg/m ³ (see following page). | Keep all children indoors. Keep activity levels light unless indoor PM2.5 levels are below 35.5 µg/m ³ . | Keep all children indoors. Keep activity levels light unless indoor air is filtered, and indoor PM2.5 levels are below 35.5 µg/m ³ . |
| P.E. (1 hour) | No restrictions. | Allow children with health conditions to stay indoors and monitor symptoms for those who participate. Increase rest periods for these children as needed. | Keep children with health conditions indoors. Keep activities light for these children unless indoor PM2.5 levels are below 35.5 µg/m ³ . For others, limit to light outdoor activities. Allow any children to stay indoors if they do not want to go | Keep all children indoors. Keep activity levels light unless indoor PM2.5 levels are below 35.5 µg/m ³ . | Keep all children indoors. Keep activity levels light unless indoor air is filtered, and indoor PM2.5 levels are below 35.5 µg/m ³ . |
| Athletic Events and Practices (Vigorous activity 2-3 hours) | No restrictions. | Allow children with health conditions to opt out and monitor symptoms for those who join. Increase rest periods for these children. | Cancel children’s outdoor athletic events and practices or move them to an area with safer air quality, either indoors or to a different location. | Cancel children’s outdoor athletic events and practices or move them to an area with safer air quality, either indoors or to a different location. Consider time spent in poor air quality during transit before relocating. | Cancel children’s outdoor athletic events and practices or move them to an area with safer air quality, either indoors with filtered air or to a different location. Consider time spent in poor air quality during transit before relocating. |

Outside Air Quality Index: PM2.5

Check current and forecast air quality at enviwa.ecology.wa.gov

***Health conditions include asthma and other lung disease, respiratory infection, heart disease, and diabetes. See the following page for more details about children’s health, improving indoor air quality, and steps to reduce exposure.**

To request this document in another format, call 1-800-525-0127. Deaf or hard of hearing customers, please call 711 (Washington Relay) or email civil.rights@doh.wa.gov.

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| Health | Children are more sensitive to health effects from breathing in PM2.5 because their lungs are still developing, and they breathe in more air than adults for their body weight. Children with health conditions, such as asthma, have an even higher risk of health effects, including asthma attacks. Adult staff and volunteers may also be sensitive to air pollution, see WA Air Quality Guide for Particle Pollution . Symptoms from PM2.5 exposure range from minor to severe and include burning eyes, coughing, throat and nose irritation, fatigue, headache, wheezing, and shortness of breath. For children with asthma, follow their Asthma Action Plans . If symptoms become serious, seek medical attention. |
|---------------|--|

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|-------------------------------------|--|
| Reducing Exposures | As PM2.5 pollution increases, each step is increasingly important to protect health: limit duration and intensity of outside physical activity and stay indoors and keep indoor air clean. Consider a child’s total exposures throughout the day such as during transportation and longer duration activities like overnight camp. When it is not possible to stay indoors with cleaner air, consider N95 or other particulate respirators as a last option for limited use outside. Effective use requires proper selection, size and fit. See Western States PEHSU guidance on respirator use by children. |
| Physical Activity | CDC recommends children exercise 60 minutes or more every day. Doing so safely when PM2.5 levels are high, especially for days or weeks, requires precautions, such as limiting activity levels. People breathe deeper and take more air into their lungs when exercising. <ul style="list-style-type: none"> • Light Activities: Playing board games, playing catch, and stacking blocks • Moderate Activities: Yoga, shooting basketballs, dance instruction, and table tennis • Vigorous Activities: Running, jogging, basketball, football, soccer, swimming, and jumping rope |
| Improving Indoor Air Quality | Outside PM2.5 gets indoors through windows, doors, small openings, and some ventilation systems. Buildings with well-maintained and enhanced filtration (i.e. MERV 13) in the ventilation system have improved indoor air quality. Supplementing with properly sized, CARB Certified HEPA portable air cleaners or DIY box fan filters can reduce PM2.5 in single rooms. Extreme heat can overlap with wildfire season. Establish building cooling resources in advance to help avoid opening windows when wildfire smoke increases PM2.5 levels. If you’re not sure whether indoor PM2.5 levels are lower than outside, assume levels are similar and increase steps to reduce exposure, including filtration methods. See Improving IAQ and Ventilation in Schools During Wildfire Smoke Events and ASHRAE Protecting Building Occupants from Smoke . |
| Indoor Air Monitoring | Outdoor PM2.5 levels from the nearest agency monitor are updated hourly and daily forecasts are often available. Low-cost sensors can be used to take PM2.5 measurements indoors to check indoor air quality and outside when there is not a nearby agency monitor. However, they are generally less accurate than agency monitors. Correction factors can sometimes be used to increase accuracy. If using a correction factor is not possible, do not directly compare uncorrected sensor data to AQI cut-points or action levels. Compare indoor sensor measurements to outdoor sensor measurements (ensure that either both are uncorrected or they have the same correction factor). Then apply this comparison to the nearest agency monitor. For example, if the indoor sensor measurements are half of the outdoor sensor measurements, assume that the indoor PM _{2.5} concentrations are half of what the agency monitor is reporting. Assess variation across the building(s) using a portable sensor when outside PM2.5 levels have reached “Unhealthy for Sensitive Groups”. Include measurements in rooms used by children that are expected to have worse ventilation or indoor air quality (like no air filtration), rooms where physical activity is usually more vigorous (like the gym), rooms where external doors are opened frequently, and any external buildings (like portables). Repeat the portable sensor measurements in different conditions, such as changes in occupancy. A stationary indoor sensor can be used to track changes in indoor air quality over longer time periods. Prioritize steps to reduce exposure in the rooms with highest PM2.5 levels. See “Indoor PM2.5 Measurements in Schools”, Wildfire Smoke Guidance for Canceling Events or Activities and Closing Schools , for more information. For technical assistance with indoor measurements, contact: airquality@doh.wa.gov . |
| School Closures | School and facility closures may be the best option if you cannot maintain indoor PM2.5 at lower levels after considering alternatives, such as improving indoor air filtration and relocating children. School closures are the decision of the school district, usually in consultation with the local health department. See Summary Wildfire Smoke Guidance for Closing Schools . |
| More Resources | Air Quality Flag Program , Air Quality and Health , Smoke from Fires and Health , WA L&I’s Worker Health and Smoke |