



Coaches Code of Conduct and Agreement

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.
2. That the program is not for my personal or professional financial benefit.
3. That I will not use the League and it's 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 official 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 trainings. 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.



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Rules of the Trail

I acknowledge the Washington Student Cycling League subscribes to the IMBA Rules of the Trail and I accept and agree to abide by the following:

1. **Ride Open Trails:** Respect trail and road closures — ask a land manager for clarification if you are uncertain about the status of a trail. Do not trespass on private land. Obtain permits or other authorization as required. Be aware that bicycles are not permitted in areas protected as state or federal Wilderness.
2. **Leave No Trace:** Be sensitive to the dirt beneath you. Wet and muddy trails are more vulnerable to damage than dry ones. When the trail is soft, consider other riding options. 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.
3. **Control Your Bicycle:** Inattention for even a moment could put yourself and others at risk. Obey all bicycle speed regulations and recommendations, and ride within your limits.
4. **Yield Appropriately:** Do your utmost to let your fellow trail users know you're coming — a friendly greeting or bell ring are good methods. Try to anticipate other trail users as you ride around corners. Bicyclists should yield to other non-motorized trail users, unless the trail is clearly signed for bike-only travel. Bicyclists traveling downhill should yield to ones headed uphill, unless the trail is clearly signed for one-way or downhill-only traffic. In general, strive to make each pass a safe and courteous one.
5. **Never Scare Animals:** Animals are easily startled by an unannounced approach, a sudden movement or a loud noise. Give animals enough room and time to adjust to you. When passing horses, use special care and follow directions from the horseback riders (ask if uncertain). Running cattle and disturbing wildlife are serious offenses.
6. **Plan Ahead:** Know your equipment, your ability and the area in which you are riding and prepare accordingly. Strive to be self-sufficient: keep your equipment in good repair and carry necessary supplies for changes in weather or other conditions. Always wear a helmet and appropriate safety gear.

IMBA developed the "Rules of the Trail" to promote responsible and courteous conduct on shared-use trails. Keep in mind that conventions for yielding and passing may vary in different locations, or with traffic conditions.

SafeKids Program

I have read the [SafeKids Policy](#) that is a policy of the Washington Student Cycling League regarding awareness and prevention of abuse within our organization and teams.

1. I understand that physical, mental, and verbal abuse of any of the participants, coaches, managers, employees, volunteers involved in our sponsored activities is not permitted. _____(initials)
2. I understand Inappropriate touching of any kind is forbidden. _____(initials)
3. I 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. _____(initials)
4. I understand that coaches 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. _____(initials)

Signature

Printed Name

Date