

Summit Tigers Mountain Bike Team P.A.C.T. for Success

Parents will:

Help your Athlete with good nutrition and hydration and be knowledgeable about concussions and the Colorado Department of Education's (DOE) return-to-play policy as well as Colorado League rules. Be responsible for transportation of your Athlete to all practices and races - Coaches are not insured to do so. Communicate constructively and timely with your Athlete, Coaches and Team Director. Represent the Summit Tigers Team by volunteering at the Colorado League races as much as possible. Be flexible when practice times or trail ride locations change due to safety, weather issues or mishaps.

Athletes will:

Understand that Coaches are responsible for you and have your safety as our top priority. Help us with our team's risk management and listen RESPECTFULLY to your Coaches' words and decisions. Understand that your Coaches and the League want you to have fun on your bike - it's not all about racing. Keep your grades up and remain in good standing at school. Come prepared and on time for practices and races. Double check your bike is mechanically sound, that you have food, water, helmet, rain jacket, shoes, eyewear, gloves, tire levers, spare tube, air, jersey and shorts. Support your teammates, especially the new ones. Look out for each other on and off the bike. Be knowledgeable about concussions and the Colorado DOE's return-to-play policy. Consistently attend practices knowing and practicing trail etiquette. Know Colorado League's race rules, including the ban on use of any caffeinated product. Show excellent sporting behavior and etiquette at races with racers from other teams. Communicate timely with Coaches and Parents about all Team matters. **Read emails and notifications!** Make healthy food choices and keep hydrated to optimize your body's performance. Listen to your body, take rest days and do not overtrain. Participate in at least one trail building or repair day per year.

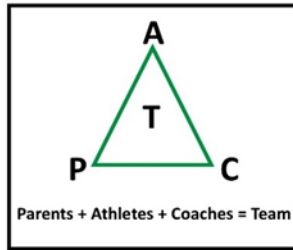
Coaches will:

Prioritize the safety of the Athletes by practicing risk management as recommended by the League, stopping practice or a trail ride if weather becomes unsafe and cancelling practice if air quality is poor. Communicate with Parents and follow up according to League procedures should an injury occur. Be prepared for practice by planning ahead. Emphasize that mountain biking is a fun, lifelong sport. Communicate with Parents, Athletes and other Coaches in a timely manner. Be certified in concussion training and knowledgeable about the Colorado DOE's return-to-play policy. Educate the Athletes about bike handling skills, bike maintenance, strategies for racing and development of healthy habits regarding training, recovery, injury prevention, nutrition and hydration.

Team:

Our success depends on strong leadership, commitment, communication, collaboration and support from all of us.





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I have completely read and understand the Summit Tigers P.A.C.T. I understand that the success of this team depends on me doing my part. I have everything listed to come prepared to every practice and race. I will participate respectfully with all my coaches and teammates.

Athlete printed name

Athlete signature

Date

Parent printed name

Parent signature

Date