

Wasatch Mountain Bike Team: 2026 Rider Code of Conduct

We want everyone on the Wasatch Mountain Bike Team—riders, coaches, ride leaders, and families—to feel safe, respected, and supported. **Every rider and their parents/guardians need to adhere to this Code of Conduct.** Ride leaders should know the rules well and speak up if they see anything that goes against them.

1: Use Social Media Respectfully

When you post online (yes, even Strava), you represent the Wasatch Mountain Bike Team and NICA at all times. Keep it **positive, kind, and inclusive**. **Never** post anything that bullies, threatens, embarrasses, excludes others, or is unkind and mean. Coaches and athletes must follow T.A.P. in their messages:

- **Transparent** – Be clear and appropriate.
- **Accessible** – Include a parent or coach when possible.
- **Professional** – Keep the tone respectful and use proper grammar.

Cyberbullying = 100% not acceptable. Cyberbullying is bullying with the use of digital technologies. It can take place on social media, messaging platforms, gaming platforms and mobile phones. It is behaviour aimed at scaring, angering or shaming those who are targeted.

If you violate this policy:

- Temporary or permanent suspension from practices, races, and events.
- Permanent expulsion from the League for severe or repeated offenses.

2. Sexual Harassment = Zero Tolerance

Sexual harassment is defined as any unwanted and unwelcome sexual behavior that creates a hostile or offensive environment. This can include verbal, nonverbal, or physical actions that are of a sexual nature and that interfere with someone's experience on the team, at school, or overall well-being. This applies not only during practices and team events, but also outside of practice, including on social media, in all text messages, and in any other interactions involving team members or non-team members.

Examples of what's not okay:

- Unwanted touching or flirting
- Inappropriate jokes or images
- Sexual gestures or comments
- Offensive nicknames or remarks about appearance
- Taking/sharing pictures of others at practice (or outside of practice) without their consent

If this happens:

- Tell a coach, adult, or NICA Utah League rep right away, or use our team's [confidential reporting form](#) that is submitted to the team director.
- Reports are confidential and will be taken seriously.

Sexual harassment or abuse will result in:

- Suspension or removal from the team and/or Utah NICA League.
- Legal reporting, if the incident involves assault or abuse, or criminal behavior. All NICA coaches and ride leaders are mandatory reporters and are required by law to report any suspected cases of sexual abuse.

Initials: (Rider) _____ (Parent) _____

3. Practice Expectations

Here are the updated 2026 season policies that will help us keep practice safe, fun, and focused on being a team:

- **Wear your jersey or shirt** at all times (unzipped no more than halfway). No riding in just sports bras or shirtless. This includes from when you arrive at practice to when you leave practice (including parking lots).
- **Be respectful—always.** No abuse of any kind and show respect when someone is speaking to the group.
- **Be intentional at practice.** We expect you to follow our team’s practice plan when you attend practice.
- **Be mindful of our updated picture policy during practices and team activities:** During our Monday strength practices, phones must be put away during the workout. We do not allow picture taking during any part of the strength workout. Pictures can be taken on rides only after communicating that you are taking a photo and have received consent from everyone in the photo. Be considerate when you share photos of/with teammates.
- **Don’t wear earbuds** during practices or races, so you can hear and stay connected.
- **Be present.** Focus on your team and engage with your teammates and ride leaders in a supportive way.

4. Speak Up and Report Issues

If you see something that concerns you—**say something**. If you ignore bad behavior, it’s like saying it’s okay, and that can unintentionally be a form of compliance. Don’t stay silent. We’re a team. We speak up, support each other, and protect our teammates. Harassment, bullying, or anything else that compromises safety or integrity cannot be tolerated. You are an ambassador of NICA and the Wasatch Mountain Bike Team at all times.

When you see something, we expect you to:

- Use the team’s [confidential reporting form](#) that is linked on the team website under Resources, or:
- Talk to a coach or trusted adult who will then report it to the team director.
- Coaches will handle things respectfully and privately.

5. In Summary: These are the Team Values We are Striving For:

- **Be Inclusive** – Be kind, welcoming, and friendly to everyone in your ride group and team.
- **Respect All** – Treat people the way you want to be treated.
- **Be Honest** – Own your actions.
- **Build the Team** – Help create a positive vibe.
- **Have Fun!** – Bring good energy and enjoy the ride.

***Both the rider and a parent need to sign and initial this agreement by Friday, May 8th.**

Devo: Email pictures of the signed Code of Conduct to: kelseym13@yahoo.com.

High School: Email pictures of the signed Code of Conduct to: hsdirector@wasatchmtb.org.

Rider Name (Printed) _____ **Devo or HS** _____

Rider Signature: _____ **Date:** _____

Parent/Guardian Name (Printed): _____

Parent/Guardian Signature: _____ **Date:** _____