



## The Flathead Valley Composite "Cutties" Mountain Bike Team Code of Conduct

Student Athletes, coaches and volunteers are expected to follow the Flathead Cutties Code of Conduct. As a member of the Flathead Cutties Team I understand and commit to the following:

1. I will be responsive, courteous and respectful to my fellow teammates, coaches, volunteers, other teams and race officials.
2. I will maintain high standards of moral and ethical conduct including, but not limited to:
  - a. Self-control
  - b. Responsibility for my behavior
  - c. Honesty
  - d. Consideration and respect for others and their property
  - e. Good sportsmanship
3. I will be on time for all team practices. If I am going to be late, I will notify one of my coaches in advance.
4. I will use TeamSnap to communicate my availability for practices and rides.
5. I will always wear my helmet when riding a bike.
6. I will be prepared for all practices and races, including needed equipment, clothing, water/nutrition and a properly tuned bike.
7. I will not use music / headphones during rides.
8. I will bring a positive attitude and will always give my best effort at training and events.
9. I will represent the team in a positive manner, both on and off the bike.
10. I understand the importance of volunteering to build and maintain trails, and I commit to participating in at least one trail building/maintaining event.
11. I will not use caffeine at races.
12. I will do my best to promote and utilize the local businesses that support our team (see our website).
13. The Flathead Cutties are lucky enough to ride a number of trail systems in the area and across Montana. I will always ride in a safe and controlled manner. It is critical for me to be aware of conditions, terrain, obstacles, and other people on the trail and I will be respectful of the same.

The coaches reserve the right to encourage and enforce this Code of Conduct. If the Code of Conduct is not adhered to, the coaches may dismiss the student athlete from practice and/or races.

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**Student Athlete Name**

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**Student Athlete Signature**

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**Date**