



## Avout Racing Code of Conduct

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When you are a member of Avout Racing, we want to ensure you have fun in a safe, yet competitive environment. In order to do so, you must also be respectful of the trails, other trail users, and teammates. This code of conduct applies to real life **and** social media.

1. Stay positive! Support your teammates, other trail users, and smile :)
2. Say nice things. Positive comments and support helps everyone in the community. No name calling or poking fun at anyone's ability.
3. Treat others the way you want to be treated.
4. Move out of the way of other trail users. We are guests on the trails - make room for uphill riders and slow down when going downhill.
5. Stay on the trail. Do not ride on muddy or closed trails/areas.
6. Meet all your team members! We have a great team full of great people - get to know them.
7. Respect your coaches. They put a lot of time into this team; give them feedback if you'd like to try something new!
8. Wear the Avout Racing jersey proudly!
9. Be present during practice and rides. This is your time to have fun - keep distractions to a minimum.
10. Above all else - have fun!

We summarize the essence of this Code of Conduct with the **5 Respects** that we talk about at practices:

- Respect Yourself
- Respect Your Teammates
- Respect Your Coach
- Respect Your Environment
- Respect Your Equipment

### Avout Racing Parent/Family Code of Conduct

Everyone on the team, including the family of team members, is a representation of Avout Racing and an ambassador of our team. Therefore, it is very important to represent the team well (especially when wearing Avout Racing clothing or supporting a team member in Avout Racing kit), both in real life and on social media. It is expected that all team families will conduct themselves with a mature and positive sporting attitude during every team event, following these guidelines that NICA (National Interscholastic Cycling Association) sets forth for their parents, in addition to abiding by the Avout Racing Code of Conduct.



Family members are expected to do these things to encourage positive sporting behavior:

- Keep your comments positive. Don't bad-mouth coaches, athletes, or officials. If you have a concern, discuss it privately with your child's coach or a team leader.
- Commend good effort and performance, no matter who it comes from. This is especially when it concerns youth athletes from a "rival" team.
- Remember that you are a parent. Give encouragement, not directions.
- Be courteous towards other parents, coaches, & athletes from other teams. Your behavior sets an example not just for your family, but for everyone else.
- Look for examples of good sporting behavior in other athletes and point them out to your child. Talk about bad examples too, and explain why they upset you.
- Emphasize values like teamwork, responsibility, resilience, grit, and discipline. Winning comes and goes, but these values persist and are foundational to the physical and educational benefits of youth sports.
- Go even further, model good behavior by meeting and interacting with other teams and helping to show how, while there is often a desire to be your best and finish ahead of others, that never does that desire need to interfere with finding friends and building relationships across imagined boundaries.

**Avout Racing and its teammates must abide by policies and recommendations set forth by USA Cycling, including:**

Minor Athlete Abuse Protection Policies (MAAPP): <https://usacycling.org/safesport/minor-athlete-abuse-protection-policies>

Code of Conduct: <https://usacycling.org/about-us/governance/code-conduct>

SafeSport Education: <https://usacycling.org/safesport/safesport-education-policy>

SafeSport Reporting: <https://usacycling.org/safesport/safesport-reporting-policy>

All MAAPP and SafeSport related concerns or questions should be directed to Avout Racing's SafeSport Champion: [Jessica@AvoutRacing.com](mailto:Jessica@AvoutRacing.com) (with [Barry@AvoutRacing.com](mailto:Barry@AvoutRacing.com) as back-up). All MAAPP violations and SafeSport related concerns will channel through one of these email contacts and be reviewed by a committee set up by the Avout Racing Board of Directors.