



## Mountain Bike Course

### Expectations for Sprockids Leaders and Volunteers

All Sprockids leaders will:

- Obtain a criminal reference check (costs will be reimbursed).
- Have a valid cycling club membership.
- Refrain from using alcohol/drugs during or prior to sessions.
- Follow Sprockids' safety/emergency management plan.
- Attend coaches meeting on April 23, 2019 in evening.
- Commit to attend all 6 sessions (pending illness).
- Ensure all riders in your group are signed out by their caregiver at the end of each session.
- Read and practice the Sprockids Rider's Code of Ethics.
- Wear a properly fitted helmet.
- Have fun!

Thanks!!

*From the Sprockids Organizing Committee*



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### Rider's Code of Ethics

All Sprockids participants must adopt the following behaviours:

#### **Respect others**

- No put downs! Everyone has different abilities and reasons for riding. Respect that!
- All bikes are cool! Not everyone can afford the latest and greatest. The important thing is to get out and ride!
- Celebrate successes – your own successes and the successes of others!

#### **Know your own abilities**

- Ride within abilities
- If you are more skilled, pass it on in a friendly way
- Help teach younger riders

#### **Practice safe cycling**

- Always wear a properly fitted helmet
- Always ride with a buddy
- Learn how to keep your bike in working order – carry a repair tool kit
- When you go riding, tell someone where you are going and when you will be back
- Wear clothes that suit the weather, and proper safety equipment to ride safely
- Be prepared – carry water, food and first aid supplies