



## Boneshaker Kids Cycling Team 2014 Rider Code of Conduct

**Rider Requirements.** Riders, and a parent/guardian, who desire to be a part of Boneshaker Kids Cycling Team must complete the following during the term: Volunteer for a minimum of 2 hours per quarter at following Organization sponsored events: Boneshaker family events, camps or field days, or such other events as Organization deems to be acceptable substitutes. Organization reserves the right to waive any of the foregoing requirements with respect to any Rider and to consider each individual Rider's contributions to Organization, the community and the sports of cycling, multi-sport and running as acceptable substitutes for the foregoing requirements.

Riders will be eligible to receive 2 team jerseys, one shirt and one cap. Additional items may be purchased through the Organization. The Riders will need to provide other uniform pieces such as bibs/shorts, shoes, gloves, helmets, bikes, and sunglasses, as prescribed by the Coach, on their own. Some scholarship for these items may be available. Additionally, the Organization will provide entry fees to all team-planned races, however the Rider will need to purchase appropriate USA Cycling licenses for said races under the Boneshaker USA Cycling Team Number.

1. Riders will, at all times, represent Organization and its sponsors in a professional manner by way of appearance, demeanor and well-maintained equipment.

2. Riders will wear the Team jersey at all weekly group rides, including all Team training rides, and at all race events. Team jersey and kit will be clean and without significant tears or other damage.

**3. RIDERS WILL WEAR A HELMET AT ALL TIMES WHILE ON THEIR BIKE, SETTING AN EXAMPLE FOR OTHERS AND FOLLOWING TEXAS LAW.**

4. Riders will at all times, practice good sportsmanship and conduct themselves in a professional manner when representing Organization. Riders will be respectful and polite to all cyclists, runners, race officials and volunteers, drivers, pedestrians, etc. Team members will assist stranded or injured cyclists, and under no circumstances will Riders, while representing Organization and Club, antagonize others or in any way engage in behavior that could be considered disrespectful or derogatory of others. Use of foul language, unsafe riding, and other obvious forms of poor sportsmanship will result in termination of the Rider Agreement.

5. Riders will obey all traffic regulations as enforced by the Texas Department of Public Safety, City Police, and all relevant local authorities while on individual or group training rides or as instructed during a sanctioned races.

6. Riders will be positive role models for other juniors and new riders, with the aim of promoting the sports of cycling, triathlon/duathlon and running.

7. Riders will generally promote the best possible image for Organization and its sponsors by supporting the services of Organization's sponsors, whose financial and moral support has facilitated Organization's and its Rider's personal successes.

8. Riders will report any individual race results to the Coach Will Ross via email at [will@boneshaker.org](mailto:will@boneshaker.org) by the Sunday night immediately following the race or Monday night if the event is held out of the area.

9. When accessing and using the Organization website, Riders will adhere to all use policies maintained by the site administrator.

10. Following of, and engagement with, Boneshaker Project social media sites are recommended for Riders and their families to uphold the image and mission of the Organization, and practice safe, responsible and “age appropriate” use of social media.

Facebook: BoneshakerProject  
Twitter: @BoneshakerTX  
Instagram: @BoneshakerTX

11. Riders must be “academically eligible” by the standards of their school district to participate.

12. Riders may be asked to participate in periodic questionnaires and testing. Examples may include height, weight, speed, agility, nutrition, hydration, sleeping, and other exercise/movement habits. This data may be used as research statistics as part of seeking grant funding for our programs, but will be 100% anonymous. Results will not be available on an individual basis.

**RIDER**

**By:** \_\_\_\_\_

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Cell #:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Parental Guardian (if under 18):**

**Signature:** \_\_\_\_\_

**Cell#:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Preferred Racing CAT:** \_\_\_\_\_

**Racing Age:** \_\_\_\_\_

**Clothing Size**

**Tshirt:** \_\_\_\_\_ **Jersey:** \_\_\_\_\_

**Sign** \_\_\_\_\_

**Date:** \_\_\_\_\_

**BONESHAKER PROJECT**

**By:** \_\_\_\_\_

**Name:** \_\_\_\_\_

**Title:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**(Execution Date)**

*Welcome to the TEAM! Shake your bones!*