

GENERAL STUDENT-ATHLETE RULES

The General Student-Athlete Rules apply to all camp participants during any camp activity from June 9 through June 25, 2020 or until you leave Curt Gowdy State Park and are no longer participating in the Gowdy Mountain Bike Racing, Granite Ridge Mountain Bike, or Stone Temple Mountain Bike Camp(s). Not following the rules may result in your dismissal from the camp. Following the rules will help us achieve our goals for everyone to have FUN – safely & with a greater appreciation for mountain biking-cycling.

A. CYCLING RELATED

1. WEARING HELMETS STRICTLY ENFORCED

Camp **student-athletes and counselors** must wear an approved helmet at all times when riding a bicycle (see next two sections for a list of approved helmet standards). **Under no circumstances shall a student or adult be on their bicycle without a helmet properly FASTENED to their head**, even when riding a very short distance. **If your leg is over the bike frame, then your helmet must be on your head and fastened.**

HELMET FIT (STANDARDS)

All camp participants that will be riding must wear an approved helmet at all times, including:

- (1) Helmet straps must be adjusted (to the extent that two fingers can be pushed under the strap, whereas three fingers would be difficult).
- (2) Helmets should not have any cracks or dents from previous falls or mishandling of helmet.
- (3) Helmet should be the correct size with little to no side-to-side or front-to-back movement.
- (4) Full-face helmets are conditionally allowed, but not recommended since we will be riding several hours everyday and a large heavy helmet can cause fatigue problems resulting in un-safe cycling. Please do not plan on wearing a full-face helmet for our cross-country rides.
- (5) **The helmet rule is always enforced.**

APPROVED HELMET STANDARDS (NICA STANDARDS)

Approved helmets meet one of the following standards:

- (1) **American National Standards Institute (ANSI) Standard Z90.4;**
- (2) **Snell Memorial Foundation Standard "B" or "N" series;**
- (3) **American Society for Testing and Materials (ASTM) standard F-1447;**
- (4) **U.S. Consumer Product Safety Commission (CPSC) standard for bicycle helmets; or**
- (5) **European Committee for Standardization (CE EN1078) standard for bicycle helmets.**

2. PRACTICE CONTROLLED RIDING

All camp participants must practice safe riding techniques and be in control of their bicycles at all times. The camp will entail learning new riding techniques and skills. While some technical procedures require minimum speeds, attempting out of control and/or riding with excessive speed will not be tolerated. Reckless attitudes are dangerous to all trail users.

3. **OBEY TRAFFIC LAWS**

All camp participants are required by law to obey all traffic laws. A limited amount of riding on Wyoming State Parks, Historic Sites & Trails (State Park) roads and parking areas, as well as Happy Jack Highway (210) is required to access the Curt Gowdy State Park trail system. While State Highway 210 is not an extremely busy highway, the strength and speed of cars (and sometime irrational behavior by their drivers) should always be respected by cyclists. Always ride to the right side of the road and in single file. **Stop** at stop signs and look both directions before proceeding. Signal turns. Be respectful and courteous to others while riding on roads.

4. **RESPECT PEDESTRIANS AND OTHER TRAIL USERS**

We follow IMBA-based rules for trail etiquette and yielding to other trail users - mountain bikers yield to all other trail users. If cyclists are coming the other way, the cyclist riding up hill has the right-of-way, however, never assume you can continue riding without yielding. Let your fellow trail users know you're coming. A friendly greeting (say 'hello') or bell is considerate and works well; don't startle others. Show your respect when passing by slowing to a walking pace or even stopping, if necessary. Anticipate other trail users around corners or in blind spots. Yielding means slow down, establish communication, be prepared to stop if necessary, and pass safely.

PASSING HORSEBACK RIDERS: When approaching equestrians, call out or sound a warning and stop, whether you are seen or not. Ask for instructions from the equestrian on how to pass safely.

5. **MUSIC PLAYERS/HEADPHONES**

Music players/headphones are not allowed while you are on a bicycle. Just like helmets, only in reverse.

6. **CELL PHONES**

Camp student-athletes may carry a cell phone in their packs. Camp student-athletes and counselors may not answer a cell phone or make cell phone calls while riding their bike. Camp participants must safely come to a complete stop and have both feet on the ground in order to use their cell phones.

7. **AVOID RIDING OR HIKIING ALONE**

This is a camp rule which applies to all riders and camp participants. We will ride in groups of varying size depending on the number of student-athletes, but you will always ride with at least two other people. When you hike, climb, or leave the immediate Hynds Lodge area you must have do so with at least one other person and if leaving from the Hynds Lodge area you must sign out on the student sign-out board.

8. **LEAVE NO TRACE**

Practice low impact cycling. Ride it, don't slide or skid. Ride through mud puddles, not around them widening the trail. This also means staying on existing trails and not creating new ones. Don't cut switchbacks. Be sure to pack out at least as much as you pack in.

9. PLAN AHEAD

Know your equipment, your ability, and understand that the daily ride schedule entails us being on the trails for up to four hours at a time – prepare accordingly. Be **self-sufficient** at all times, keep your equipment in good repair, and carry necessary gear for changes in weather or other conditions. A well-executed trip is a satisfaction to you and not a burden to others.

10. EQUIPMENT

- (1) HELMETS – (Rule #1 repeated). All camp participants must wear an approved helmet at all times while on a bicycle. **Under no circumstances shall a student or adult be on their bicycle without a helmet FASTENED to their head**, even when riding a very short distance. If your leg is over the bike frame, then your helmet must be on your head and fastened.
- (2) MOUNTAIN BIKES ONLY – All camp participants must use a mountain bikes that have wheels between 26 and 29 inches, and the tires must not be narrower than 1.75 inches. In addition:
 - a. Tires must have knobbies – no slick tires are permitted
 - b. No road bikes (or mountain bikes with down-drop handle bars)
 - c. No cyclocross bikes
- (3) NO SINGLE-SPEED BIKES – Camp student-athletes are not permitted to ride single speed bikes. Bikes must have multiple gears including at least five cogs in the rear.
- (4) FRONT AND REAR BRAKES - Bicycles must have fully operational front and rear brakes. Brakes must be adjusted to provide significant stopping power. Brake pads must not be worn below recommended limits.
- (5) NO BAR ENDS - Camp student-athletes are not permitted to ride with bar ends, forward pointing handle grip extensions, and/or drop bars.
- (6) HANDLEBAR END PLUGS AND STEM CAPS REQUIRED - Handlebar end plugs and stem caps are required as these are important safety features.
- (7) FOOTWEAR - Footwear must be fully enclosed and fastened with either Velcro straps, buckles, or laces. Riding shoes are preferred, but not required. Any type of sneaker should be of a sturdy build.
- (8) EYE PROTECTION - Eye protection is strongly recommended. Unless wet, foggy, and/or muddy lenses impair vision, camp participants should ride with protective eyewear.

B. CAMP PARTICIPANT BEHAVIOR

1. USADA BANNED SUBSTANCES

The use of performance enhancing substances (as listed by USADA) will result in the immediate dismissal of a camp participant. A list of banned substances is available at https://www.usada.org/wp-content/uploads/wada_2019_english_prohibited_list.pdf.

2. SUBSTANCE USE

- (1) **Tobacco and Nicotine Use (including vaping or e-cigs) – Is not permitted by students-athletes or counselors during the camp.**
- (2) **Alcohol and Illegal Drug Use – Is not permitted by students-athletes or counselors during the camp.** Student-athlete participants may use physician prescribed drugs, however, parents must provide a signed letter listing the drugs (including vitamins) that their children have permission to consume.
- (3) **Vaping (of any kind) - Is not permitted by students-athletes or counselors during the camp.**

3. LIST OF OTHER BANNED SUBSTANCES (B-LIST)

Caffeine consumption, from coffee, tea, soda, and caffeinated sport products (bars, gels and sport drinks) or any other source, by student-athletes is discouraged. Creatine, Guaraná Root and Taurine are substances banned from consumption during this camp. Student-athletes need to be very careful as many energy drinks contain these substances. Student-athletes are responsible for knowing the ingredients of the products they consume. Please do not bring soda and energy drinks, or other products containing the above listed substances to the camp.

4. ABUSIVE BEHAVIOR NOT TOLERATED

No camp participant may assault (an unlawful attempt, coupled with the present ability, to commit a violent injury on the person of another) or do battery (any willful and unlawful use of force or violence upon the person of another) to anyone connected with any camp event (including but not limited to student-athletes, park staff, volunteers, public officials, camp counselors, etc.). Unsafe riding practices including willfully crashing into another camp participant or trail user, grabbing another camp participant or staff member, or pushing another camp participant or staff member may be deemed as abusive behavior, or even assault and battery.

5. SEXUAL HARASSMENT POLICY

Camp promoters and the State of Wyoming strictly prohibit sexual harassment in any form, including verbal, physical, and visual harassment. Sexual harassment is defined as unwanted sexual advances, or visual, verbal or physical conduct of a sexual nature. This definition includes many forms of offensive behavior and includes gender-based harassment of a person of the same sex. Sexual harassment includes: unwanted sexual advances; visual conduct: leering, making sexual gestures, displaying of sexually suggestive objects or pictures; verbal conduct: making or using derogatory comments, epithets, slurs and jokes, verbal sexual advances or propositions; and physical conduct: touching or blocking movements. Any student-athlete who believes he or she has been sexually harassed by any camp staff, counselor, or agent; or student, should promptly report the facts of the alleged incident(s) and the name of the individual involved to any adult camp staff or Wyoming State Parks, Historic Sites & Trails (State Parks) staff member or representative with whom they feel comfortable. That person shall report the incident to: For the Gowdy Racing Camp-Andy Clark 970-218-9946; For the Granite Ridge Camp-either Cindy Dywan 307-460-1699 or Kate Rau 720-272-9282, preferably both and for the Stone Temple Camps-either Todd Thibodeau 307-214-5687 and/or Richard Vincent 307-760-1917, preferably both. The initiation of an allegation of sexual harassment by a student will not adversely affect matters pertaining to his or her status in any camp activity. If any student, staff, parent, volunteer, or employee feels they have been sexually harassed, or they are a victim of abuse, assault, or battery at a camp event,

they should report the incident immediately to the camp directors. All reports will be handled in a confidential manner.

6. RISK ACCEPTANCE

All student-athletes who participate in any of the events associated with the Gowdy Mountain Bike Racing, Granite Ridge Mountain Bike, and/or Stone Temple Mountain Bike Camps do so at their own risk. No liability shall be attached to the Wyoming State Parks, Historic Sites & Trails or Laramie Enduro, or the Gowdy Mountain Bike Racing, Granite Ridge Mountain Bike, and/or Stone Temple Mountain Bike Camp volunteers, counselors, coaches, agents, staff, vendors, and/or participants.

7. AFTER HOURS

Lights out will be at 10 PM each night, unless otherwise directed by Andy, Cindy, Kate, Rich and/or Todd. After hours activities and/or wandering around will not be tolerated. Failure to comply with this rule will result in immediate expulsion from the camp. The student will be placed in the detention area at the park headquarters until a parent can pick them up.

Adult volunteers will be stationed and available within or near all sleeping areas. If there is an after-hours emergency, students must contact an adult volunteer.