



Takoma Park MTB Composite Team Volunteer Role and Responsibilities

Volunteers are essential to our youth MTB team. Your acceptance of this role, and its responsibilities, will ensure the very best program in terms of athletic and character development for our student-athletes. Thank you for what you are doing to advance the sport, and for youth around Takoma Park!

- Make rider safety and risk management your first priority.
- Ensure riders are behaving in a safe and respectful manner. Always intervene if you see or hear something that endangers the safety of team members.
- Be present, energetic, and enthusiastic when working with the team.
- Be punctual for all practices and meetings.
- Enforce team ride rules and proper trail etiquette.
- Be a positive role model and a reliable, fair authority figure. Build positive relationships with other coaches, volunteers and riders.
- Set and maintain clear, appropriate boundaries with riders. Ensure riders maintain appropriate boundaries with one another. Watch for and correct inappropriate behavior, including teasing, derogatory language, and innuendo among coaches and riders.
- Use adolescent appropriate language and wear appropriate clothing.
- Work as a team. Communicate. Be open to giving and receiving feedback.
- Monitor team social dynamics to bring all student-athletes, volunteers, and parents into the group, particularly those who might appear to be left out.
- Bring up issues and concerns to the Head Coach in a timely manner.
- Report any accidents or injuries to the Head Coach immediately.
- Attest you are not currently using any banned substances or performance enhancing drugs as listed by the USADA, or currently serving a suspension from competition.
- Continue to grow and develop as a coach and cyclist yourself. Complete all mandatory training, and take advantage of opportunities for additional learning as they align with your personal goals and lifestyle.
- Share your passion for cycling. Enjoy yourself!

Print Name

Date

Sign Name