



Arizona Cycling Association  
10115 E Bell Rd, Ste 107 #210  
Scottsdale, AZ 85260  
480-636-0698  
arizonacycling.org

## PARTICIPATION AGREEMENT

Coach's or Volunteer's Full Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Team: \_\_\_\_\_

I, the volunteer named above, want to participate in the practices, races and/or events identified below. In consideration of the Arizona Cycling Association, an Arizona not-for-profit corporation (the "ACA"), allowing me to attend and participate in those practices, races or events, by my electronically signing below I agree as follows:

1. **Definitions.** As used herein: (a) the term "ACA" refers to the Arizona Cycling Association; (b) the term "Events" means any and all ACA-related practices and races, and those activities sponsored, controlled or organized in any way by the ACA (including but not limited to trail maintenance activities), which Events occur in the twelve month period following the date of these Agreements; (c) the term "Released Parties" means (i) the ACA, (ii) the ACA's officers, directors, employees, and agents (iii) any person the ACA has agreed to indemnify as to claims made by Event participants (such as, but not limited to, owners of the property on which any of the Events occur); and (d) the term "Agreements" means this Participation Agreement and the related Waiver & Release of Liability Agreement.

2. **Fitness.** I represent and warrant that I have sufficient experience with mountain biking, and that I have a sufficient level of fitness and health to participate in the Events. I confirm I am aware that other groups offer less grueling, challenging and risky recreational activities, than does the ACA.

3. **Equipment.** I acknowledge that it is my responsibility to provide, utilize and maintain the bike, equipment and clothing necessary for my safe participation in the Events.

4. **Rules.** I accept and shall abide by the ACA's rules and regulations (including without limitation any restrictions, terms or conditions relating to protection from infectious diseases such as COVID19), as in effect from time to time. I agree to ride and otherwise participate so as to neither endanger myself or others. I agree that if I observe any unusual significant hazard related to an Event, I will remove myself from participation and bring to the attention of the ACA said hazard immediately.

5. **Insurance.** I represent and warrant that I currently have, and shall maintain throughout the time that I train for and participate in the Events, valid and sufficient insurance (be it medical, accident, disability or life insurance) to protect my and my family's interests, or if I do not, that I hereby waive the opportunity to obtain such. I acknowledge the ACA is not an insurance company, and that no one has represented to me that the ACA has obtained insurance that would provide coverage to me in the event I am injured while participating in an Event. I acknowledge that in the event of an incident that causes significant personal injury while participating in an

ACA sanctioned event, information regarding the extent of my injuries will be shared with the ACA's insurance carrier.

**6. Property Damage Waiver.** I alone am responsible for my personal belongings, including breakage or loss of bikes and other equipment that I bring to an Event. I hereby WAIVE, in advance, ALL CLAIMS for loss, theft or damage to any property owned or controlled by me, that I may in the future have against the ACA, any person the ACA has agreed to indemnify, and any Released Party relating in any way to an Event and either of the following: (a) my choosing to park any vehicle owned or controlled by me in any areas owned or controlled by the ACA; and (b) my choosing to give possession of any of my personal belongings to any agent or volunteer of the ACA. This waiver, release and discharge of property damage claims includes, but is not limited to, claims arising out of the NEGLIGENCE of the Released Parties.

**7. Indemnification.** I agree to be responsible for bearing any and all costs, expenses and damages sustained by me (or those who depend upon me, or who are responsible for me) that arise out of or related to any claim released by the Agreements. As such, I hereby agree to HOLD HARMLESS, DEFEND and INDEMNIFY the Released Parties (that is, defend and pay any judgments or costs, including investigation costs and attorneys' fees) from any and all claims of mine—and of any spouse, parent, guardian, child, heir, representative or assign of mine—arising from loss or damages (be it property or personal-injury related) due to my attendance at or participation in an Event.

**8. Choices.** I enter into these Agreements by my own free will, and acknowledge that I have choices relating to participating or not participating in the Events. I acknowledge that if I do not want to accept the terms offered in these Agreements, I can choose to forgo participating in the Events, and choose to participate in other mountain bike race events, or forgo completely participating in such events.

**9. Binding Effect.** I intend these Agreements to be binding upon me, and any parent, spouse, guardian, heir, executor, assigns or successor of mine (collectively, "Successors"). To the extent I have the authority to waive or release any claim that may in the future belong to any Successor arising out of or relating to my participation in or attendance at the Events, I hereby, by these Agreements, waive and release such claims.

**10. Truth.** I represent and warrant that: (a) I have read this Participation Agreement; (b) I shall read all agreements that are part of the ACA registration process; (c) I will not consent to any of these Agreements unless I understand them; and (d) the information I provide in the Agreements and as part of the registration process for the Events is true.

**11. Severability.** These Agreements are intended to be as broad and inclusive as permitted by applicable law, and if any portion of these Agreements are held invalid or void, I agree that the balance shall, notwithstanding, continue in full legal force and effect.

**12. Entire Agreement.** As to any claim arising out of or related to my attendance or participation in the Events, these Agreements collectively: (a) supersede any previous oral or written promises or agreements; and (b) are not the result of or modified by any oral



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representations or statements of any agent or employee of the ACA. These Agreements contain the only agreements between the parties regarding the topics covered in these Agreements, and may only be modified or terminated in a writing signed by myself and the ACA

**PLEASE READ ALL OF THE ABOVE, BEFORE SIGNING BELOW**

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Coach's or Volunteer's Signature

Name

Date



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## WAIVER & RELEASE OF LIABILITY AGREEMENT

Coach's or Volunteer's Full Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Team: \_\_\_\_\_

I, the volunteer named above, want to participate in the practices, races and/or events identified below. In consideration of the Arizona Cycling Association, an Arizona not-for-profit corporation (the "ACA"), allowing me to attend and participate in those practices, races and events, I agree as follows:

1. **Definitions.** As used herein: (a) the term "ACA" refers to the Arizona Cycling Association; (b) the term "Events" means any and all ACA-related practices and races, and those activities sponsored, controlled or organized in any way in any way by the ACA (including but not limited to trail maintenance activities), which Events occur in the twelve month period following the date of these Agreements; and (c) the term "Released Parties" means (i) the ACA, (ii) the ACA's officers, directors, employees and agents, and (iii) any person the ACA has agreed to indemnify as to claims made by Event participants (such as, but not limited to, owners of the property on which any of the Events occur).

2. **My Knowledge of the Risks of Mountain Biking and Trail Maintenance.** Mountain biking is an action sport, enjoyed by millions of people worldwide. It offers participants exercise, and an opportunity to develop skill, strength and endurance, and to test one's abilities against others and nature. While the organizers of the Events understand that the sport of mountain biking involves risks, they also know that physical activity is important to physical and mental health, and that a lack of physical activity and sedentary lifestyles overall are major risk factors for many serious health conditions, and decreased life expectancy. Mountain bike trail maintenance can also build skills, provide physical exercise, and provide the satisfaction of creating a recreational space for others. Mountain bike racing attracts participants because of the elements of fun, skill and physical and mental challenges resulting, in part, from the risk and danger involved. Bike racing should always be done on a course designated for such racing, rather than on open streets, off designated trails, or in other unsuitable areas. The organizers of the Events are endeavoring to provide a place for mountain bike training, practicing and racing, but want you to understand that while some of the unwanted risks of mountain biking can be eliminated, the very nature of mountain biking makes it impossible, and undesirable, to eliminate all of the risks involved – thus injuries can and do result from such risks of participation. Likewise, while some of the unwanted risks of mountain bike trail construction and trail maintenance (collectively "trail maintenance") can be eliminated, the very nature of trail maintenance (taking place in nature, on uneven surfaces, and around sharp tools or other tools that can cause injury), makes it impossible, and undesirable, to eliminate all of the risks involved. Thus, injuries can and do result from such inherent risks of trail maintenance. The organizers of the Events want you to understand that MOUNTAIN BIKING and TRAIL MAINTENANCE ARE ACTIVITIES THAT INVOLVE A LEVEL OF DANGER AND THAT

INJURIES CAN AND DO OCCUR. I acknowledge that I know that given the nature of the sport and these activities, mountain biking and trail maintenance are activities that carry with them significant risk of serious personal injury. I know there are natural, man-made, mechanical and environmental conditions and risks that independently or in combination can result in participants in the Events sustaining injury (including permanent disability, mental-injury, or paralysis), or in rare situations, sustaining injuries that result in death. I acknowledge that I have taken advantage of the opportunity to learn about the risks associated with mountain biking and the Events (see, for example, the “Mountain Biking Risks” page at [www.nationalmtb.org](http://www.nationalmtb.org)), or that I hereby voluntarily forgo that opportunity. I have either familiarized myself with the locations at which Events will be held generally, and the race courses specifically, or hereby voluntarily forgo that opportunity. Before participating in any of the races included in the Events, I will inspect the course, and will not participate in the race, if I believe the course is unsafe, or beyond my abilities, and I will inform the race director of that decision, and my reasons for that decision, prior to the race.

**3. My Knowledge of Covid-19 Risks.** Coronavirus disease 2019 (“COVID-19”) is an infectious disease caused by severe acute respiratory syndrome coronavirus 2 (the “Coronavirus”). Since it was first identified in December 2019, it has spread globally, resulting in an ongoing worldwide pandemic. As of May 2020, more than five million cases have been reported worldwide, resulting in more than 325,000 deaths. Coronavirus is highly infectious, and can spread from person to person. Additional information regarding COVID-19 can be obtained at the websites of the U.S. Center for Disease Control, or the World Health Organization. Participation in team sports (including mountain biking), carries the risk that participants will be exposed to the Coronavirus, which can result in the exposed person developing COVID-19. Persons who develop COVID-19 can have a mild case and completely recover, or they can become seriously ill, develop a permanent disability, or even in some cases die. The organizers of the Events want you to understand that due to the COVID-19 pandemic, participation in the Events involves **SOME LEVEL OF DANGER, AND SOME LEVEL OF RISK OF EXPOSURE TO THE CORONAVIRUS.** The organizers of the Events understand that while there are risks associated with COVID-19, there are also counter-balancing risks associated with social isolation, and lack of physical activity and/or sedentary lifestyles. The organizers are endeavoring to provide opportunities for mountain bike training, practicing and racing, but want you to understand that that while some of the risks associated with the Coronavirus and COVID-19 can be lessened, the very nature of the team sport of mountain biking, and the very nature of the Events, make it impossible to eliminate all of the COVID-19 risks involved. Thus, if you choose to participate in the Events, there is no guarantee that your doing so will not result in your being exposed to the Coronavirus. As such, participation in the Events involves some risk of developing COVID-19.

**4. My Acceptance of Risks.** I hereby accept and assume all risks associated with attending and/or participating in the Events (some of which are described above), and I acknowledge that I alone am responsible for my personal safety. I agree to accept all responsibility for the risks, conditions and hazards which may exist during the Events, whether or not I at this time know of or foresee the specific risk, condition or hazard that results in injury.

**5. Waiver; My Responsibility for Injury Costs.** I hereby **WAIVE ALL CLAIMS** (except as



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expressly indicated in this paragraph) I may in the future have against any of the Released Parties relating in any way to personal injuries or death I sustain due to my attendance at or participation in any of the Events. I specifically RELEASE and DISCHARGE, in advance, the Released Parties from any and all liability that may arise out of any Released Party's NEGLIGENCE or carelessness in association with any Event (including but not limited to negligent rescue attempts, course design, equipment selection, or trail maintenance) but I do not by this Agreement waive, release or discharge any claims for harm caused by a Released Party intentionally or recklessly. As to any claim released hereby, I AGREE NOT TO SUE any of the Released Parties for such released claims. I agree to be personally responsible for any costs, expenses or damages arising out of or related to such released claims.

6. **Bargaining/Negotiation.** I acknowledge that: (a) I have the opportunity, if I so choose, to bargain for or negotiate the terms of this Agreement; (b) if I desire to take advantage of the opportunity to bargain for or negotiate terms different from those set forth in this Agreement (including the fee I pay to participate in the Events), I shall contact the President of the ACA before I indicate my consent to this Agreement; and (c) if I indicate to the ACA that I am unwilling to enter into this Agreement, the fee I will be asked to pay to participate in the Events shall increase. I further acknowledge that to be effective any changes to the terms of this Agreement (including the fee I pay to participate in the Events) must be approved in a written document signed by the President of the ACA. If I choose to consent to this Agreement without modification, I hereby waive my right to bargain for or negotiate terms different than those stated in this Agreement.

7. **My Related Acknowledgments.** I acknowledge and represent that: (a) I have read this Agreement and the related Participation Agreement; (b) I understand this Agreement; (c) on the date I indicate my consent to this Agreement I am at least 18 years of age; (d) I understand that by signing below I am giving up important legal rights that I might otherwise have; and (e) I am entering into this Agreement and choosing to participate in the Events without compulsion, and by my own free will

**THIS IS A WAIVER & RELEASE OF LIABILITY AGREEMENT:  
PLEASE READ ALL OF THE ABOVE BEFORE SIGNING BELOW**

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Coach's or Volunteer's Signature

Name

Date

## ADULT CODE OF CONDUCT

Welcome to the ACA community! Adults within the ACA community agree to follow this code of conduct to maintain a culture of safety, responsibility and respect. You are asked to review and agree to this adult code of conduct during the registration process.

Maintain appropriate behavior for an adult leader associated with a youth development organization by:

- Follow your training and ACA Policies, Rules and Guidelines at all times.
- Follow athlete abuse prevention training, policies, rules and guidelines and particularly:
  - Never engage in behavior that could be interpreted as “grooming behavior” (further described in mandatory athlete abuse prevention training)
  - All 1:1 interaction between a student-athlete and coach must be observable & interruptible. That is, they must take place someplace where another adult can see what is happening and intervene if the interaction looks inappropriate. For example, unless immediate family members, ACA coaches should never meet 1:1 with student-athletes for bike rides or other activities within or outside of the ACA season.
  - If deciding to use phone, social media, online or other virtual communications, the 1:1 policy still applies. Keep communications transparent, accessible, professional “T.A.P.” and only within your ACA role via your official ACA platforms.
- Sexual harassment by ACA community members will not be tolerated. These forms of harassment include, but are not limited to: offensive or unwelcome sexual flirtations, advances or propositions, repeated verbal abuse of a sexual nature, graphic or degrading comments about an individual and/or their appearance. The display of sexually suggestive objects or pictures and any offensive or abusive physical contact will also not be tolerated.
- Discrimination by ACA community members will not be tolerated. ACA prohibits discrimination and harassment of any type with regard to race, color, religion, age, sex, national origin, disability status, genetics, protected veteran status, sexual orientation, gender identity or expression, or any other characteristic protected by federal, state or local laws.
- Participants’ safety must be a priority at ALL times. It is imperative that we ensure that student athletes are behaving in a safe, responsible and respectful manner. If you see or hear something that in any way compromises the safety of our community, it is your job to step in and intervene.
- Operate within your ACA training and experience while only providing ACA- approved activities.
- Use your best judgment. If you have concerns that a task, project or activity you are working on is dangerous, or is not going to meet the agreed-up objectives let the person in charge know.
- Regardless of your specific role, you are a role model and authority figure. Your primary role is to ensure the safety and then success of participants within each activity or event. • Be



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supportive. If a fellow ACA community member is struggling, it is expected that you support them. If you are unable, let the person in charge know.

- Be transparent. If you have a concern, share it with the person in charge. If the person in charge is the person with whom you have a concern, share it with your ACA director.
- Always support each individual in their leadership role.
- Work as a team. Present a unified front to the student-athletes, their families and the broader ACA community.
- Communicate. Be open to giving and receiving feedback.
- Address all concerns brought to your attention, including any observed prejudice or discriminatory behavior.
- Ensure parents know key aspects of your ACA activities including start-times, end-times, locations and other information
- When leading or promoting an activity or event not associated with ACA, be sure to communicate it is not.
- I understand and will follow the ACA Policy, Rules and Guidelines as additionally described in my training, student-athlete code of conduct, ACA handbook, ACA Athlete Abuse Prevention Policies and ACA Guide to Electronic Communications and Social Media. I also understand that failure to do so may lead to my suspension or expulsion from ACA and/or team activities.

By signing my name below, I acknowledge that I have read, understand, and fully agree to the terms of this Agreement as described above.

\_\_\_\_\_  
Coach's or Volunteer's Signature                      Name                      Date





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## MEDICAL DISCLOSURE AND CONSENT AGREEMENT

Coach's or Volunteer's Full Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Team: \_\_\_\_\_

I have registered to participate in certain ACA-related "Events" (as that term is defined in the Participation Agreement to which I have already consented). I represent and agree as follows:

**Health Status.** I am in good physical and mental health and is able to participate fully in all ACA events. Yes \_\_\_\_\_ No \_\_\_\_\_

**Medical Conditions/Allergies.** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

**Health Insurance.** The health insurer that provides coverage regarding me is as follows:

Insurance Carrier Name: \_\_\_\_\_

Carrier Group Number: \_\_\_\_\_

Policy: \_\_\_\_\_

Emergency Contact #1: \_\_\_\_\_  
Name Phone #

Emergency Contact #2: \_\_\_\_\_  
Name Phone #

**Accuracy.** On this form I have provided comprehensive and accurate information about me.

**Emergency/Injury Authorization.** In the event of an emergency or injury, I authorize the ACA (by any agents of the ACA) in its discretion to do any of the following relating to me, if I am unable to communicate or make decisions for myself: (a) to authorize medical transport; (b) to drive me to an emergency room or other healthcare provider for treatment; (c) to provide consent to medical treatment; (d) to use its best efforts to contact the above designated emergency contacts; and (e) to disclose information about me to the above emergency contacts, any healthcare providers, or any insurers, including information that would otherwise be covered by rules of confidentiality.



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Coach's or Volunteer's Signature

Name

Date

## SAFETY STUDY RELEASE AGREEMENT

Coach's or Volunteer's Full Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Team: \_\_\_\_\_

I have registered to participate in certain ACA-related "Events" (as that term is defined in the Participation Agreement to which I have already consented). I represent and agree as follows:

### Reportable Injuries to the ACA Safety Study for Coaches

I understand that if I am injured in a way that falls under the definition of an ACA injury during any ACA activity, an incident report will be submitted to the ACA Safety Study. An incident report is necessary if the injury requires one of the following:

- A referral to a medical provider beyond on-site first-aid or EMS
- Time loss from training or competition beyond the "day of" injury
- Time loss from school or work. For more information about the ACA Safety Study and the ACA Injury Definition, please see the ACA Safety Study Webpage.

For more information about the ACA Safety Study and the ACA Injury Definition, please see the ACA Safety Study Webpage.

I understand the injury reporting process for ACA coaches.

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Coach's or Volunteer's Signature

Name

Date