



Coach Licensing

SoCal Interscholastic Cycling League
805 Camelia St.
Berkeley CA 94710
(510) 524-5464
www.socaldirt.org

Please fill out this form to register as a coach for the 2009/2010 SoCal Race Series. Please choose the appropriate Coaches License. If you have questions about the Coaches Licensing Program, please refer to the final page of this packet titled "Coaches Licensing Program". If you still have questions please contact tyler@socaldirt.org.

Please note that all coaches and ride volunteers of registered teams are currently insured as long as the team has a waiver on file for each of those adults. This grace period ends February 15th. After February 15th all coaches and ride volunteers must be licensed coaches in order to be fully insured.

Temporary Licenses: Each team has been allocated two Temporary Licenses free of charge. If you are exercising this option, please circle "Free Temp. License" below.

Coach Name:				
Team Name:				
Address:				
City:	State:	Zip:	Email:	
Cell Phone:			Home Phone:	

Indicate which Coaches License you are applying for (circle one)	Head Coach	Asst. Coach	Ride Leader	Temporary License	Free Temp. License
Fill in the date you last attended:	Leaders' Summit _____	WFA _____	CPR _____		
Have you undergone a background check through the League? (check one)			YES _____	NO _____	
In the space provided, please describe your role within your high school mountain bike team:					

Payment Information

Licensing Fee: **\$25**
Late Fee (if postmarked after Feb. 15, 2010): **\$15**

Mail registration and payment to:
SoCal League
ATTN: Coach Registration
805 Camelia St.
Berkeley, CA 94710



Agreement to Participate and Release of Liability

SoCal Interscholastic Cycling League
805 Camelia Street
Berkeley, CA 94710
(510) 524-5464
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The undersigned hereby acknowledge that by signing this Agreement, they are assuming risks and agreeing to indemnify, not to sue, and agreeing to release from liability the SoCal Interscholastic Cycling League (hereinafter "The League"), its officers, its partner organization NorCal High School Mountain Bike Racing League and its officers, officials, agents, employees, coaches, leaders, instructors, volunteers, agents, sponsoring agencies, sponsors, members, participants, clubs, teams, riders and if applicable, owners and lessor's of premises used for activities (hereinafter collectively referred to as "Releasees"). It is further understood that the undersigned are giving up substantial legal rights.

In consideration of my voluntary participation in mountain biking events, the undersigned voluntarily make the following agreements. The undersigned acknowledge that the sport of cycling, specifically mountain bicycling, is an inherently dangerous sport, including but not limited to dangers associated with man made obstacles or natural surface hazards, trees, logs, vegetation, water, pot holes, rocks, cold weather, extreme heat, rain, other bicycles, other riders, pedestrians, vehicles, fixed or moving objects, equipment failure, inadequate safety equipment, and use of equipment or materials provided. Safety equipment includes the use of a safety helmet, which the undersigned have selected and which satisfies the requirements of The League, to protect against serious head injury.

The undersigned ACKNOWLEDGE AND FULLY ASSUME THE RISKS associated with participating in activities, as listed above and including the Releasees' own negligence and the negligence of others. The undersigned fully understand that mountain biking activities include the potential for serious physical injury, permanent paralysis and/or mental injury, disability or death, loss or damage to person or property associated with presence or participation in the activity. The undersigned understand that particular skills, equipment and personal discipline may reduce the risks, but that risk of serious injury exists.

The risks include, among other things: the dangers of collision with pedestrians, vehicles, other riders, and fixed or moving objects; the dangers arising from surface hazards, including trail irregularity, equipment failure, inadequate safety equipment, use of equipment provided by The League or others; dangers associated with man-made and natural jumps and stunts; motor vehicle accidents; the Releasees' own negligence; the negligence of others; weather conditions; the possibility of serious physical and/or mental trauma or injury, or death associated with this program; slipping and falling; falling objects; water hazards; drowning; exhaustion; exposure to temperature and weather extremes which could cause: hypothermia, hyperthermia (heat related illnesses), heat exhaustion, sunburn, dehydration; and exposure to potentially dangerous wild animals, insect bites, and hazardous plant life.

On behalf of self, spouse, heirs, executors, administrators, legal representatives, assignees, and successors in interest (hereinafter collectively "Successors"), the undersigned hereby RELEASE, INDEMNIFY AND HOLD HARMLESS the Releasees'. The undersigned hereby waive any and all rights and claims, including claims arising from the Releasees' own negligence, which the undersigned has, or which may hereafter accrue, and from any and all damages which may be sustained by the undersigned directly or indirectly in connection with, or arising out of, participation in or association with the events, including any activities incidental thereto, wherever or however the same may occur.

The undersigned participant agrees that it is their sole responsibility to be familiar with the event course and agenda and the Releasees' rules and any special regulations for the event. The undersigned agree to comply with Releasees' rules and regulations/stated and customary terms and conditions for participation. The undersigned participant agrees to ride and otherwise participate so as to neither endanger myself nor others. If the undersigned participant observes any unusual significant hazard during my presence or participation, the participant will remove themselves from participation and bring to the attention of The League, said hazard immediately. The undersigned participant accepts full responsibility for the condition and adequacy of my equipment or any equipment provided for use. The undersigned participant agrees to wear a helmet, which satisfies the requirements of Releasees' racing rules and regulations, the purpose of which is to protect against serious head injury, and the undersigned assume all responsibility and liability for the selection of such a helmet.

The undersigned participant hereby certifies that I have no physical or medical condition which would endanger myself or others, or interfere with my ability to safely participate in this event.

The undersigned agree, for self and successors, that the above representations are contractually binding, and are not mere recitals. The undersigned understand that if claims are made against Releasees that the undersigned will be responsible for any costs and fees incurred by Releasees in defending the claims.

This Agreement may not be modified in any way, and not orally. This Agreement shall be effective for injuries now or which may hereinafter occur in the future, whether known or unknown.

The undersigned hereby agrees to hold harmless any and all Releasees, from any liability for ordinary negligence.

The undersigned hereby expressly agree that this Release and Waiver is intended to be as broad and inclusive as permitted by the laws of the State of California and that if any portion hereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

I have read the above carefully before signing and understand its terms, including giving up substantial legal rights.

Dated	Signature of Participant	Printed Name	Date of Birth
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Home Phone #	Team/School (list both if the are different)
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Coaches Licensing Program

The SoCal Interscholastic Cycling League (the “League”) is excited to launch the High School Coaching Licensing program for the 2009/2010 season. The purpose of this program is to ensure that all head coaches, assistant coaches and ride leaders are sufficiently knowledgeable so as to be a positive influence on all League riders.

For the 2009/2010 season all head coaches are required to obtain a Head Coach license from the League. All other adults must obtain at least a Temporary License. While it is not required for the upcoming season, Asst. Coaches and Ride Leaders are encouraged to begin obtaining a the appropriate license for their position.

Please see the requirements* for each type of license below.

Type of License	First Aid Requirement	Professional Development Seminars	Field Work	Exam	Background Check
Head Coach	WFA, CPR	9 hours	80 hours	✓	✓
Assistant Coach	WFA, CPR	6 hours	40 hours	✓	✓
Ride Leader	Standard First Aid, CPR	3 hours	20 hours	✓	✓
Temporary	-	-	-	-	✓

***These requirements are subject to change as the certification process is refined.**

Wilderness First Aid/Mountain Bike (WFA-MTB) is a 16-hour course designed specifically for the high school mountain bike coach and ride leader; it is offered once a year by the League. Certification lasts for 3 years. Current Wilderness First Responder (WFR) certification also meets this requirement. For information about the next WFA-MTB class offered by the League go to <http://www.socaldirt.org/coach/wfa.htm> .

Professional Development Seminars are offered at the League’s Leaders’ Summit, which is held annually in the fall. Topics range (some of these are required) from *Leadership and Management of a High School Team* to *Working Successfully with Teenagers* to *Managing Risk and Maximizing Safety* to *Creating Appropriate Training Programs*, as well as *MTB 101: Learn the Skills to Teach the Skills*. In the future, Ride Leaders will be able to obtain hours through courses outside the Leaders’ Summit. However, such a program has not yet been established.

Field Work is actual hours spent in contact with high school students while engaged in a high school mountain bike program. Individuals wanting to obtain certification must keep a log of field work hours which must be signed by a head coach (for assistant coaches and ride leaders) or by two parents and certified head coach from another team (for head coaches).

The Exam can be taken after studying the Coaching Manual and attending Professional Development Seminars. The exam will be administered at the Leaders’ Summit (or another time with approval of League Director). The exam tests an individuals knowledge of risk management, skills instruction, first aid and other skills deemed important to coaching a high school mountain bike team. It is recommended that individuals take the exam only after attending the League Professional Development Seminars and studying the Coaches’ Manual.

Background Checks (required for all licenses) are offered through TC Logiq. Each exam costs ~\$24 (though it may cost more depending on your specific search requirements). To begin the process, please visit <http://www.tclogiq.com/nica>

Continuing Education: In order to maintain a current High School Certification, an individual must keep her/his WFA-MTB certification current and engage in 9 hours of professional development hours (Continuing Education Units) every 3 years. Continuing Education Units are available at the Leaders’ Summit, offered every year by the League, and through other pre-approved organizations (not available at this time).

Temporary Licenses are intended to be a starting point for adults looking to work with high school teams. Temporary license holders are covered under the League’s comprehensive liability insurance. Teams are allocated two Temporary Licenses at no charge; individuals can also purchase Temporary Licenses from the League.