



OFFICIAL AFFILIATE
NATIONAL
INTERSCHOLASTIC
CYCLING ASSOCIATION

ABOUT OUR ORGANIZATION

The Utah High School Cycling League is a 501(c)3 nonprofit and was organized in 2011. We are an affiliate league of the [National Interscholastic Cycling Association](#).

We facilitate the development of interscholastic cycling teams/clubs for grades 7–12 and provide the education, training, licensing and insurance for coaches and volunteers.

We also provide a high-quality mountain bike racing experience, while emphasizing the value of each participant (no bench) and placing camaraderie, positive sporting behavior and the cultivation of health over competition.



A black and white photograph of three young women in cycling gear, including helmets and jerseys, smiling and posing for a photo. They are standing on a dirt path at what appears to be a mountain biking event. In the background, there are other people, some wearing safety vests, and banners for sponsors like 'HYPER THREADS' and 'John Paras Furniture Mattresses'.

VISION

Enable every Utah teen to strengthen body, mind and character through the life-long sport of cycling

MISSION

Establish a fun, enduring, and relevant interscholastic mountain biking program to improve Utah's communities and the lives of Utah's teens

OUR CORE PRINCIPALS

STRONG BODY, STRONG MIND, STRONG CHARACTER,
INCLUSIVITY & EQUALITY

LIFE-LONG FOCUS

It is all about long-term health, not just today's win

WE ARE 110 TEAMS STRONG AND STILL GROWING

High School Teams (9th through 12th)

- Alta High School
- American Fork
- Ascent Academy
- Ben Lomond
- Bingham High
- Bonneville HS
- Bountiful HS
- Box Elder Comp
- Brighton
- Cache Valley Comp
- Carbon County Comp
- Cedar City HS
- Copper Hills
- Corner Canyon HS
- Cottonwood/Hillcrest Comp
- Crimson Ridge HS
- Davis HS
- Desert Hills HS
- Dixie HS
- East HS
- Enterprise
- Farmington HS
- Fremont HS
- Green Canyon HS
- Herriman HS
- Hurricane HS
- Independent
- Iron County Comp
- Juan Diego
- Jordan HS
- Kanab
- Las Vegas
- Lehi HS
- Lone Peak HS
- Manti
- Maple Mountain
- Moab HS
- Morgan HS
- Mountain Crest HS
- Mountain Ridge HS
- Mountain View HS
- Murray/ Taylorsville Comp
- Mount Nebo Comp
- North Davis Comp
- Ogden HS
- Olympus HS
- Orem HS
- Park City HS
- Pine View JS
- Pleasant Grove HS
- Provo Comp
- Ridegeline HS
- Riverton HS
- Sevier Valley
- Skyline HS
- Skyridge HS
- Sky View HS
- Salt Lake Comp
- Salt Lake Center for Science Education
- Snow Canyon HS
- South Davis Comp
- South Summit
- Southern Utah Comp
- Saint Joseph HS
- Summit Academy
- Telos
- Tooele Comp
- Timpanogos HS
- Timpview HS
- Uintah HS

Junior Devo Teams (7th through 8th)

- Alta JD
- American Fork JD
- Bingham JD
- Chain Gang JD
- Davis JD
- Desert Hills JD
- Draper Park JD
- Farmington JD
- Herriman JD
- Lehi JD
- Lone Peak JD
- McGillis
- Metal Mashers JD
- Moab JD
- Morgan JD
- Ogden JD
- Orem JD
- Park City JD
- Pleasant Grove JD
- Provo JD
- Riverton JD
- Roland Mall MS
- Sandy Comp JD
- Skyline JD
- Southern Utah JD
- St. Joseph JD
- Weber JD
- Weilenmann School of Discovery MS
- Westlake JD

Participants in 2018

HS 3709

JD 1319

Coaches 1755

WE IMPACT STUDENTS

Sidney Tupai Bingham High School

- 6 Months in full-leg cast left Sidney **severely depressed** and 30-lbs **overweight**
- Concerned, her parents “forced” her to **join the team in 2012**
- Her **outlook has changed** and **she motivates others** as Team Captain
- **Asthma** makes riding a challenge; but
- She **NEVER GIVES UP** and was psyched when she finished mid pack
- She coached for the Bingham Team and is now Alumni Staff for UHSCL

Mom says that joining the team literally “saved her life”



WE IMPACT COMMUNITIES

We fill a niche for students whose needs were not met in traditional school sports *and* we get kids **outside**.

We welcome and support diversity in disability, ethnicity, gender and orientations, and skill level.

We promote **health & fitness** in teens & their families, and improve focus and **academia** in our riders. NICA statistics show that **60% of fathers** and **40% of mothers** start riding with their students.



TRAIL BUILDING

We promote trail-building efforts and environmental awareness in students. In 2018 alone, our students and volunteers did more than 10,000 hours of trail work with 4000 of those hours documented by land managers in local communities.

For 2019, we are starting a trail steward program with more information to come soon.



We create **economic benefit** to communities hosting races.

In 2016 Vernal developed a race course and hosted the Utah League, creating the greatest economic impact of any tourism event in 2016, and bringing more than \$250,000 to the county.

“According to the Uintah County Office of Travel and Tourism, back-to-back weekends of high school mountain bike races at Buckskin Hills Motorsports Complex in September had the greatest economic impact of any tourism event in 2016.

According to Travel and Tourism Director Lesha Coltharp, the event brought more than \$250,000 to the county over the weekends of Sept. 17-18 and Sept. 24-25.

Coltarp pointed out that the economic impact of the races extended far beyond lodging. Supermarkets, retail stores, gas stations and restaurants were also expected to benefit from the races, and some racers reported restaurants running out of food from the massive number of patrons.”

OUR RACE CREW

The Utah League Race Crew has eight years of proven high-quality race production. Trained by NICA prior to starting our races, our league and staff benefit from over a decade of successful youth mountain bike race production.

We have three regions, with the anticipated growth of a fourth region for 2020. We have over 60 race crew members that volunteer their time to create a safe and fun environment for student athletes and their families.



OUR RACE CREW

Experience

We have successfully fulfilled contracts, permitting requirements and procedures with [BLM](#), [SITLA](#), [County Mass Gathering Permits](#), [Trails Organizations](#), [Cities](#), [private properties](#), and [resorts](#). Our professionalism and follow through before, during and after events has enabled us to continue to race in places like Moab with strict regulations and requirements.

We have always fulfilled contractual obligations including **resort waivers**, which we have parents of participants sign electronically prior to race event. (In 2018, Snowbasin and Soldier Hollow required waivers.)

Locations we have held races:

- Bar M Trails in Moab
- Green Valley in St. George
- Snowbasin Resort
- Powder Mountain Resort
- Round Valley in Park City
- Corner Canyon in Draper
- Soldier Hollow Resort
- Eagle Mountain
- Buckskin Ranch in Vernal
- Three Peaks Recreation in Cedar City
- High Star Ranch
- Richfield

We anticipate future races at Beaver Mountain, Green River, Monticello, Hurricane, Price, Mona and many others.



INSURANCE

The Utah League, it's teams, coaches, students and events are insured through Universal Business Insurance Company



General Liability for Clubs

\$2,000,000 Each Occurrence

\$4,000,000 Aggregate/Club

\$500,000 Each Claim – Sexual Abuse and Molestation

\$500,000 Aggregate Limit

Accident Medical

\$25,000 Each Person – Excess Accident Medical

Deductible: None

Accidental Death: \$10,000

Volunteer Coverage: Yes

Events

\$2,000,000 Each Occurrence

\$4,000,000 Aggregate per Event

No annual aggregate

Accident Medical:

\$25,000 Each Person – Excess Accident Medical

Deductible: None

Accidental Death: \$10,000

OUR MASTER PLAN



REGIONAL RACE 2019

- SCHEDULE
- PARTICIPANTS
- PRIOR TO EVENT
- RACE COURSE
- COURSE MARKINGS
- INFIELD SET UP
- PARKING
- RISK MANAGEMENT
- FIRST AID & HYDRATION
- SANITATION & SERVICES
- EMERGENCY PLANNING
- VOLUNTEERS



DOUBLE ROI

DO “WELL” AS A BUSINESS

Financially benefit from per-student venue fees and food and beverage sales

Host event during “off season”

Connect, communicate, build awareness and cultivate brand loyalty with an ever increasing group of league participants and supporters

WHILE DOING “GOOD” FOR THE COMMUNITY

Provide a lasting impact upon Utah’s students & families



RACE WEEKEND SCHEDULE

THURSDAY PM ARRIVAL

Core race crew will be bringing equipment trailer, team headquarters camper and if time or venue allows may start marking infield.

FRIDAY SET UP DAY

7:00AM Core Race Staff Arrives

9:00AM Volunteers arrive to for first shift

12:00PM Lunch break

1:00PM Volunteers arrive to for second shift

2:00PM Course opens for pre-riding

4:00PM Pit Zone opens for team set-up

6:45PM Pre-ride closes



SATURDAY RACE DAY (schedule may be subject to change pending on registered racers)

5:45AM Parking/ Operations & Race Director Arrive (quick meeting)

6:00AM Parking is in position

6:30AM Race Crew arrives (team meeting)

6:30AM Pit Zone Opens for ALL

7:30AM Registration Opens

7:45AM Pit Zone Closes for ALL

7:55AM National Anthem

8:00AM Staging Opens

8:15AM Wave 1 Junior Devos

8:30AM Pit Zone Opens for HS

9:10AM Wave 2 Junior Devos

9:35AM Pit Zone Closes for ALL

10:05AM Wave 3 High School

11:55AM Wave 4 High School

12:15PM Junior Devo Podiums

1:15PM Wave 5 High School

2:45PM Wave 6 High School

4:05PM Wave 7 High School

5:30PM Pit Zone opens after last racer crosses finish line

5:30PM Races wrap up & clean up begins

6:30PM High School & Team Podiums

9:00PM Clean up complete

SUNDAY (IF NEEDED)

On the rare occasion that we have a long distance to drive, we may stay overnight and leave in the morning if venue allows for it.

PARTICIPANTS & SPECTATORS

Regional Races expect 1200-1400 student athletes participating for high school and junior devo races. High School only should see ~900. We expect approximately 1500-2000 spectators.



PRIOR TO EVENT

Course scouting:

- All courses are scouted and GPS mapped to ensure they meet our minimum standards and don't contain any technical features that are beyond the capabilities of high school racers. At this time, we also double check that the measurements for the infield and parking meet our specifications and that the areas used are still in good condition and do not need extra grading.

Advertising:

- Races are posted on the home page of our webpage, www.utahmtb.org. Specific details are listed under Events/Races and include a race flyer and map of venue.
- Coaches are also notified through Coaches News.
- Races will also be posted in Utah League's Single Track Times. These newsletters are emailed to all participants, parents, sponsors, cycling clubs, volunteers, and any others who have signed up to receive our Single Track Times.
- Notifications will also be posted on our Facebook page.

1 Week prior to event we will post signs at trail entrance points notifying local of race event and mark the course for pre-ride.

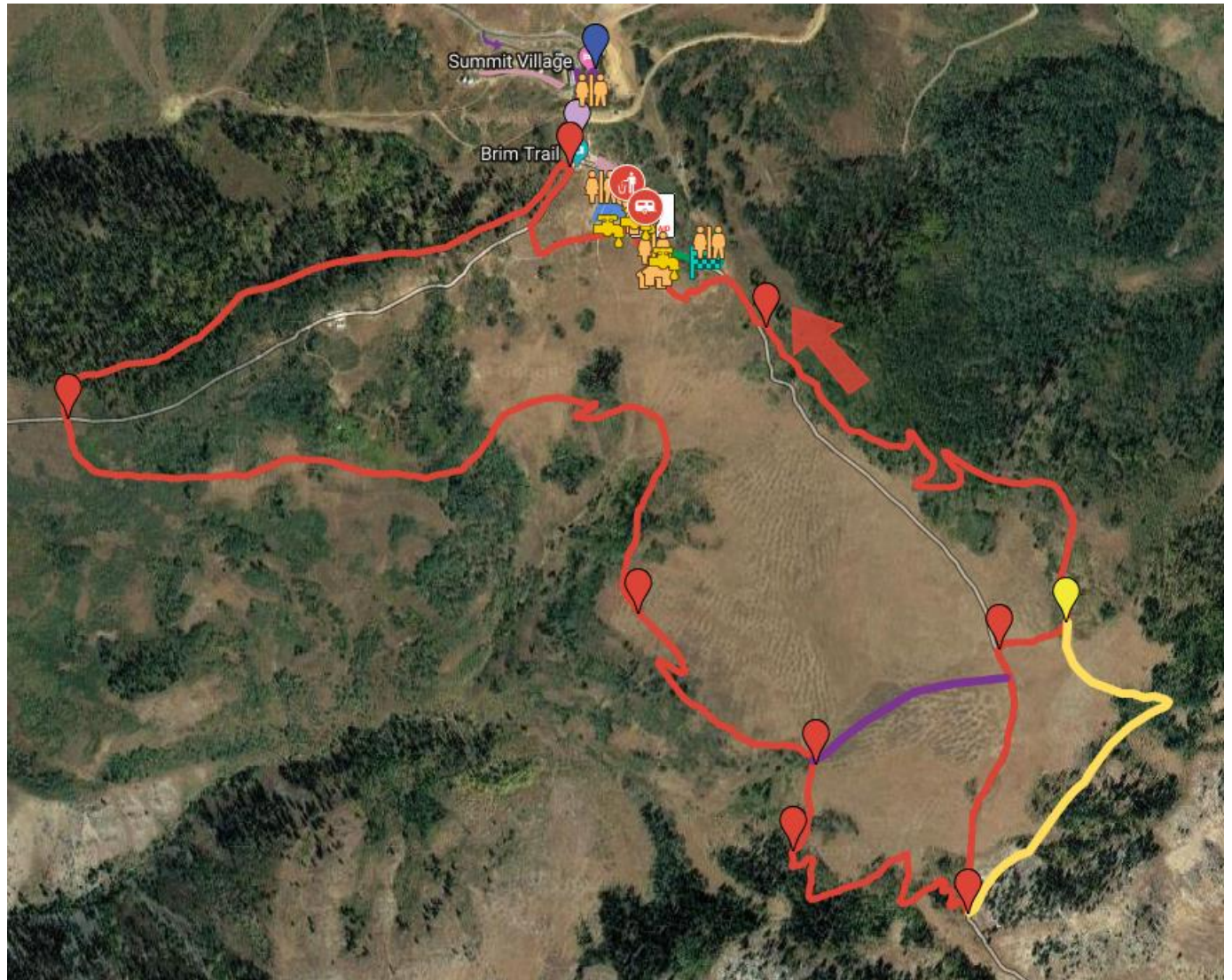
- Pre riding will take place with coaches. This is done at slow pace and gives the racers a chance to understand where the course goes and where the difficult sections are so that their anxiety level is lowered during the race and they are not seeing the course for the first time at "race pace." This assists the riders in adhering to our policy of always riding in control.

RACE COURSE

Red Line: High School & Junior Devo Course

Purple Line: Indicates a short line for us to decrease the length for some divisions of racers.

Yellow Line: Varsity Line addition to the course.



Safety Features:

- The Race Course as marked on the map utilizes a combination of road, double and single track.
- The League uses a combination of course tape and yellow directional signs on short steaks to visibly mark the course for racers and spectators.
- The League is very conservative in its marking procedures giving racers the highest amount of warning of the features (turns, closed trails, and downhill's) ahead.
- 10-12 Fixed course marshals are stationed around the course in key areas to help facilitate the safe progression of racers and assist in monitoring the safety of spectators
- We also have roving course marshals and medics on bikes to access injured races quickly if needed.

COURSE MARKING & SIGNS

- 600 feet snow fencing at start/finish
- Course Marking Signs include arrow, danger, and wrong way signs mounted on 18” wooden stakes. Hammered in at an angle for easy break-away to prevent injury upon collision.
- Use of metal fencing, if needed at venue
- Flags/Windjammers
- Course tape at staging



INFIELD

Light Blue- Team Pit Zones

Light Pink- Hangtag and
Handicap parking

Medics are near the start

We will have portable
restrooms throughout the area
with handwash stations at each

Green Line represents staging/
start line

[Click here for Google Map](#)



PARKING PLAN

We anticipate needing parking for 1500+ on the day of the race for racers and spectators.

- **Parking Lot(s):**

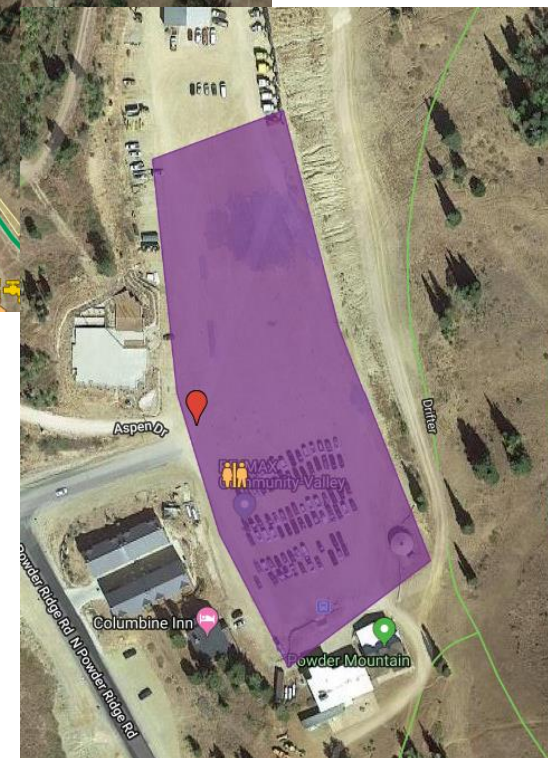
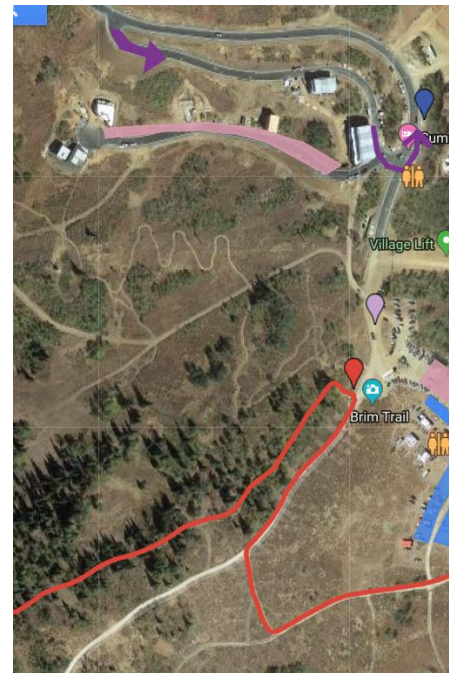
- We have head coach, hangtag, staff, volunteer and general parking. The first 4 are generally closer and cars are easily identified with hang tags.

- **“Pit Zone”:**

- Team “Pit Zone’s” where racers setup tents, tables, equipment, etc. will be positioned in the lower field.

- **Parking Attendants:**

- We plan on having approximately 16 parking attendants directing traffic and parking to avoid confusion and/or incidents.
- We have 1-2 parking staff that manages the volunteers.



Light Pink: Handicap, Head coach, Hangtag parking.

Purple: General Parking- Shuttles available for spectators and racers.

Orange- overnight camping (not encouraged but available).

RISK MANAGEMENT

The Utah High School Cycling League takes the safety of its racers and spectators seriously. We have a comprehensive risk management policy that begins with our coaching program and continues through all training and competitive events. All participants, coaches and volunteers must sign waivers. We follow mandatory injury reporting regulations.

Part of our comprehensive coaching program includes a 16 hour Wilderness First Aid for Mountain Bikers course that all head and assistant coaches are required to complete to obtain full licensure. All head coaches, assistant coaches, and rider leaders are required to obtain CPR certification and successfully clear a background check to obtain full licensure.

Risk management policies also dictate the selection of a course appropriate to the skill level of young high schoolers new to the sport. Additionally, they dictate the course set up including course markings and in field set up.

Enforcement of rules and code of conduct including wearing of helmets that meet industry safety approval. For a review of NICA's rulebook please visit:

<http://www.nationalmtb.org/wp-content/uploads/NICA-Rulebook.pdf>

NICA/League Risk Management Procedures:

We have experienced Chief Course Marshals who, with the help of three assistants, oversees rider safety at races. They set up 10-12 stationary "marshal points" on the race course at specific areas to enhance rider safety (for example intersections, technical sections, sections riders need to slow their speed, etc.). All marshals have medical radios, first aid kits, food, hydration, splits, pen and paper, etc. Chief Course Marshals oversee all volunteer marshals and work directly with EMTs in dealing with injuries and evacuations.

- 10-12 Course Marshals on course with Motorola medical radios
- 4 Roving Marshals
- Sweep Marshals behind every category
- Chip timing system with extra mat at start line to ensure accounting of all racers
- Aggressive course markings to keep students on the track
- Emergency Vehicle Access to race course is designated on the map
- There will be no fireworks or open flames of any kind.
- Generators are placed 20 feet away from the timing and announcing tents. This area is blocked off from participants and spectators.
- We have fire extinguishers at the timing, registration and pit zone.



FIRST AID, HYDRATION, SANITATION & SERVICES

First Aid: Our risk management policies require us to have 4-6 EMT's onsite (dependent upon number of racers). We utilize local EMT's who are familiar with the area and have knowledge as to best practices for evacuation and procedures.

In addition to the EMT's we also:

- We have 2 medical professionals to assist with minor injuries at the tent.
- Medical coordinator to assist communication between EMT's and Course Marshals.
- Bright red tent with white red cross on it and wind jammers for easy recognition of first aid tent.
- Private vehicle, trailer or pop up with side walls meeting privacy regulations for severe injuries.

Hydration:

- Camelback Hydration Station: 4 10-gallon water coolers, marked with sign saying "FREE WATER"
- Cliff Feed Zone: 6 5-gallon water coolers are placed on course for participants
- 4 10-gallon water coolers in Pit Zone area

Sanitation:

Honey Bucket or local sanitation service that we contract with will deliver the following on Friday (set up date at venue):

- 30 Standard Units
- 3 ADA Units
- 12 Portable Sinks
- 1 Garbage Dumpster

We have several 55-gallon trash containers throughout the infield that are monitored by our operations crew.

Services:

- We hope to have at least one or two food vendor onsite unless not allowed by venue.
- League Merchandise will be sold on site.
- Bike Shops provide Neutral Support for student athletes.



Nearest Emergency Location to Venue:
Hospital Name, Address, Phone Number
Miles from Venue to Hospital

EMERGENCY PLAN

Weather:

Over the years, we have dealt with a variety of weather issues and conditions, from extreme heat to race cancellation due to rain. We work closely with local authorities in determining best course of action for student safety and trail preservation. One example occurred in 2016 at Powder Mountain Resort. We started racing with sunny conditions and later in the afternoon a thunderstorm moved in fast and within 15 minutes, started hailing. The League Director, Chief Course Marshal, Operations Manager and Powder Mountain's manager quickly determined the best course of action for the safety of the students was to stop the race and have students seek shelter. The Utah League staff jumped to action and all staff executed emergency protocols. The Chief Course Marshal immediately notified all course marshal to have the students stop and take cover – the race was stopped.

Evacuation Plan:

Our key staff works closely with the proper authorities to meet the needs of the emergency to move spectators and participants to a safe location. To be prepared for such an emergency, all marshals have printed maps (of the Google map we use) of the course and emergency access roads. EMT's also have these maps.

Emergency evacuation of the entire group would require:

- Decision made by local authority, League Director, Chief Course Marshal and Operations Manager.
- Operations Manager to oversee & organize staff for evacuation
- Staff would then oversee evacuation of their respective governance
- Chief Course Marshal ordering course marshals to clear the course and direct all student athletes to finish race
- Chief Course Setter – Clearing course
- Staging Manager – clear staging
- Announcer – give details on situation and evacuation
- Chief of timing remove timing system if possible
- Operations Manager to use his assistants and other staff to direct traffic out of parking lot

Quick Reference Guide

Color Code

Step one and Two: Define Emergency based on color code below

Step Three: Initiate communication and action based on level of emergency code

Green	<p>GREEN- No Emergencies, Continue with the event as planned</p> <ul style="list-style-type: none"> • Weather is anticipated to be good • EMS is onsite and in position • All volunteers are in position • ie everything is perfect to start a new wave 	Step Three: Initiate communication and action based on level of emergency code
Yellow	<p>YELLOW- Continue with the event as planned. Chief Marshal/ Race Director/ Ops Manager in communication of Yellow Status</p> <ul style="list-style-type: none"> • Potential inclement weather • Injury at venue that can be evacuated without disrupting race • Other situation that may eventually disrupt race such as an moose sighting several hundred yards from course or hikers demanding access to trails 	<p>Announcements as usual</p> <ul style="list-style-type: none"> • Only Race Director/ Ops Manager/ Chief Course Marshal are at heightened awareness and communication
Orange	<p>ORANGE- Temporary pausing event and/or evacuate riders on course or need t find temporary shelter in car or building.</p> <ul style="list-style-type: none"> • Temporary inclement weather • Injury on course where course needs to be closed • All onsite EMS is deployed and no additional EMS is available onsite 	<p>Spectators informed of emergency</p> <ul style="list-style-type: none"> • Inform core race staff and then spectators and public that race has been paused and the plan
Red	<p>RED- Event is immediately cancelled, Evacuate course and infield to emergency evacuation area and/or everyone goes home</p> <ul style="list-style-type: none"> • Sustained weather that will cause cancellation of event • Evacuate Venue Immediately • Fatality at an event (end event) • When evacuation of event is determined by League Staff 	See in depth communication plan above.
Purple	<p>PURPLE- Local police, fire or other first responders are taking command and communication with NICA constituents directly.</p> <ul style="list-style-type: none"> • When evacuation of event is determined by First Responders 	See in depth communication plan above

VOLUNTEERS

It takes ~150 volunteers who contribute a 3+hours to provide the safety and management of our high school races. Volunteers come from parents, community members, coaches, and cycling enthusiasts. We manage the attaining of volunteers on our website and with Volunteerspot.com. Please click “Get Involved” on our website to see descriptions of positions and training videos. We require teams to provide a certain number of volunteers at each race.

Volunteers:

- Course Marshals
- Roving Course Marshals
- Sweep Marshals
- Start Line/ Staging Crew
- Finish Line Crew
- Feed Zone Assistants
- GRiT Volunteers
- Venue Set-Up
- Registration Volunteers
- Volunteers Assistants
- Race Announcer Assistants
- Parking Volunteers
- Post Event Venue and Course Clean up
- Pre and Post trail maintenance and Repair
- Course Setters
- Scoring Assistants
- Crossing Guards



THANK YOU and we
will see you out on
the TRAILS!

