



Health & Safety Philosophy:

Required Reading for All Tieni Duro Riders and
Parents



Health & Safety Philosophy

1. Health & safety are an integral part of becoming a whole athlete and therefore require commitment from the athletes, and support and direction from the coaching and management staff.
2. We strive to ride safely on all training rides, group rides, and races.
3. Safety is the responsibility of each athlete on the team. This includes coaches and mentors that support the team on training rides and races.



Multi-Tiered Approach to H&S

Type of Instruction	Frequency of Instruction	Focus of Instruction
Weekly informal updates on Sunday & Wednesday rides by coaches & mentors	Every single training ride. Before and during ride.	Provide real-time feedback to riders about their riding skills & ways to improve. Discuss anticipated road conditions, hazards, etc.
Race-day instructions by coaches	Throughout season	Ensure racers use tactics and strategies that are safe and reflect well on Tieni Duro and junior cycling
Fall Skills Clinic in Diablo Valley. On-bike, controlled environment bike handling skills development	Annual. Required for all Juniors and Mentors.	Develop bike handling skills necessary to ride safely in group and in races
Winter Training Clinic (Death Valley & Carmel). Classroom and on-bike road skills development. Safe and appropriate race-day tactics and strategies.	Annual. Required for all juniors.	Holistic approach to becoming a complete athlete. Instruction includes bike skills, nutrition, flexibility & weight training, lifestyle choices, and ride/race training tactics



What is Expected of Junior Athletes:

- **Be Open to Input & Criticism.** Listen closely to all safety instruction by coaches and mentors, and make every effort to make changes in your riding style or behavior where appropriate. Strive to be a “coach-able” athlete. Pay attention to coaches when they are speaking (i.e., stop talking yourself, ask questions, etc.).

Safety Equipment & Your Bike. Always ride with a helmet. Riding without a helmet is cause for dismissal from Tieni Duro. Riding on the road (or a trail) without a helmet is a ridiculous risk with virtually no benefit. This is non-negotiable. Proper gloves save skinned palms. Use them. Maintaining your bike is your responsibility, but if you need help, ask for it. Coaches, mentors, sponsors, and parents are there to help.

Road Manners. Ride with grace and in control at all times, no exceptions. Crossing the centerline is not allowed. Ever. Older and more experienced riders are expected to be role models and lead by example. Never overlap wheels with the rider in front of you. Clearly communicate your intentions in group situations.



What is Expected of Parents:

- 1. Talk to Your Junior about safety and enforce the importance of health and safety.**
- 2. Ask Questions of Mentors & Coaches about Health & Safety if you have questions or concerns with your Junior.**
- 3. If you ride with the team, the same rules apply to Parents.**
- 4. Cycling is an expensive sport. Don't skimp on safety equipment like tires, brakes, protective clothing, lights, fenders, etc. Get decent blinky lights for winter after school riding (when lighting is bad). Great stocking stuffers!!! We cannot advocate any nighttime riding however. Get new clothing when necessary. Ask for help from coaches and mentors about anything.**



Grazie Mille!

