



# Pre-Season Activity Approval Form

National Interscholastic Cycling Association  
805 Camelia Street  
Berkeley CA 94710  
(510) 524-5464  
www.nationalmtb.org

During the pre-season period teams are allowed to have up to six (6) scheduled activities (bike checks and/or fits, mechanical work shops, fun rides, or skills clinics). These activities must be pre-approved by the League Director. Please send the following information to the League Director at least five (5) days in advance of the first activity. Thank you.

1. Team Director Name: \_\_\_\_\_ Phone/email: \_\_\_\_\_
2. Team Name: \_\_\_\_\_
3. Dates of each activity:
  - a.
  - b.
  - c.
  - d.
  - e.
  - f.
4. Description of each activity (what, where, how far, etc.) (attach more sheets if necessary):
  - a.
  - b.
  - c.
  - d.
  - e.
  - f.
5. Number of adults expected at each activity:
6. Number of students expected at each activity:
7. Do you have current NICA waivers for all student and adults?
8. Are all adult riders joining club/team rides licensed by NICA? (General Volunteer, Ride Leader, Assistant Coach or Head Coach). NICA requires that all adults regularly participating in sanctioned rides hold NICA licenses. Adults without licenses are not insured. \_\_\_\_\_

**Please complete this form and mail or fax to your league director. Please check your league website for the fax number or address. Please contact your league director if you have any questions about these requirements or the insurance coverage.**