



# Pre-Season Activity Approval Form

During the preseason period (April 1 to June 30) teams are allowed to have up to eight (8) scheduled activities (bike checks and/or fits, mechanical workshops, fun rides, or skills clinics). These activities must be preapproved by the League Director at least five (5) days in advance of the first activity. About NICA Training Limits: <http://www.nationalmtb.org/wpcontent/uploads/TrainingLimits.pdf>

1. Team Director Name: \_\_\_\_\_

Phone/email: \_\_\_\_\_

2. Team Name: \_\_\_\_\_

3. Dates and description (what, where, how far, etc., attach more sheets if necessary) of each activity:

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

4. \_\_\_\_\_

\_\_\_\_\_

5. \_\_\_\_\_

\_\_\_\_\_

6. \_\_\_\_\_

\_\_\_\_\_

7. \_\_\_\_\_

\_\_\_\_\_

8. \_\_\_\_\_

\_\_\_\_\_

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.

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Completed forms or questions regarding pre-season activities should be emailed to the IICL league director, Eddie Freyer ([eddie@idahomtb.org](mailto:eddie@idahomtb.org))