



# Pre-Season Activity Approval Form

**Idaho Interscholastic  
Cycling League**  
73 W. East Way  
Boise, Idaho 83702  
[dylan@idahomtb.org](mailto:dylan@idahomtb.org)

During the pre-season period (April 1 - 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 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. About NICA Training Limits: <http://www.nationalmtb.org/wp-content/uploads/Training-Limits.pdf>

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

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

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

3. Dates and Names of each activity below:

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

d. \_\_\_\_\_

e. \_\_\_\_\_

f. \_\_\_\_\_

g. \_\_\_\_\_

h. \_\_\_\_\_

4. Description of each activity (what, where, how far, etc.) (attach more sheets if necessary):

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

d. \_\_\_\_\_

e. \_\_\_\_\_

f. \_\_\_\_\_

g. \_\_\_\_\_

h. \_\_\_\_\_

5. Number of adults expected at each activity: \_\_\_\_\_ Number of students expected at each activity: \_\_\_\_\_

7. Do you have current NICA waivers for all student and adults? Yes \_\_\_\_\_ No \_\_\_\_\_

8. Are all adult riders joining club/team rides licensed by NICA\*? Yes \_\_\_\_\_ No \_\_\_\_\_

\*NICA licensing levels: 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 email or mail to your league director, Dylan Gradhandt. Please contact your league director if you have any questions about these requirements or the insurance coverage: 208-340-5200**



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