

ADVENTURE TEAM HANDBOOK



Empowering people to become the best version of themselves through outdoor adventure.

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01: BACKGROUND AND CULTURE

Your mission is to become the best version of yourself through outdoor adventure. You are not just learning bike skills; you are learning skills for life. This happens when riders and leaders prioritize effort, embrace failures, develop positive habits, and focus on the journey.

EMPOWERING PEOPLE

We empower people. All people. Adults. Kids. Men. Women. Young and old! People who ride bikes. People who don't. Community is everyone.

Adventure Team is about discovering new friendships, building resiliency, establishing healthy habits, and pursuing an activity equal parts sport, equal parts lifestyle, that can grow and change as you do. Here, adventures provide the opportunity to grow through challenges and struggles. We focus on individual growth and achievement within a larger community. This helps us all learn that: "Your experience matters, my experience matters, what we experience together impacts everyone."



HISTORY

906 Adventure Team (906AT) was founded in 2014 to create a welcoming space for riders of all abilities and interests. Since then it has grown to include adventure-focused events and supports Adventure Teams in three states.

ORGANIZATIONAL STRUCTURE

Adventure Team is a production of 906AT. The staff and board members of 906AT provide the tools, training, and support Adventure Teams need in order to be successful in their own communities. The local volunteers lead the adventures in your community.





We recognize that the traditional sports model is not for everyone. Our goal is to reach all youth regardless of ability, goals, or equipment.

COMPARING ADVENTURE TEAM TO TRADITIONAL SPORTS

ADVENTURE TEAM

- Everyone rides, no one sits out
- No experience necessary to begin, at any age
- Inclusive of all abilities and skill levels
- Developing a lifestyle
- Can continue into adulthood for lifelong wellness
- Riders are grouped by age
- Boys and girls ride together
- Individual competition
- About building community
- There is no finish line
- Failure is an opportunity to learn
- Riders and coaches flow through a dynamic process of growth
- Focus on discovery

TRADITIONAL SPORTS PROGRAMS

- Time on the court or field may be determined by athletic ability
- Difficult to join at older ages
- Have tryouts or cut athletes
- Often ends after high school or college
- Grouped by ability
- Often separated by gender
- Head-to-head competition
- There is a finish line or an end goal
- Achievement
- Focus on winning

CHARACTER DEVELOPMENT

Adventure Team Programs focus on character development, not just bike skills. During Adventure Team, riders practice and develop the following character traits that will serve them throughout their lives.

Respect

Effort

Consistency

Grit

Resilience

Adventure

Self-Reliance

Doing Hard Things

Adaptability



02: CORE VALUES

ADVENTURE

This is not a race
development program.
There is no finish line.

BE ON TIME

That means be 10 minutes
early.

SELF-SUPPORTED

Be prepared.
You are responsible for you.

CONSISTENCY

You are a product of your
habits.
We are what we do.

FOCUS ON EFFORT

Show up and give 100% of
what you have to give.



COMMUNICATION

It's everyone's responsibility.

TRAIN4LIFE

Train to be ready.
Train 4 tomorrow.
Train 4 life.

DON'T BE A CRITIC

We're in this together.
Lead with solutions.
Develop trust.

WE DO HARD THINGS

Through struggle we grow
stronger.

UNDER PROMISE, OVER DELIVER

Do what you say you're going
to do.
Follow through.



03: CODE OF CONDUCT

THE RULES

- Be on time.
- Be prepared.
- Four pillars: Respect. Effort. Consistency. Grit.
- Give your best effort.
- Walk your bike in basecamp.
- Helmet is on if:
 - You're on your bike.
 - You're next to your bike.
 - You're looking at your bike.
 - You're thinking about your bike.
- No wheelies.
- Both hands on the handlebars.
- Adventure Team shirt and Nameplate are required each ride.
- Stay at your station.
- No cell phones.
- Look out for other trail users – Smile and say Hi!

WHAT HAPPENS IF YOU DON'T FOLLOW THE RULES?

- Leader provides constructive feedback to the youth (Strike 1).
- Leader revisits the previous conversation, and provides additional feedback for the youth, including what will happen next time (Strike 2). Parent/guardian brought into conversation.
- On the third incident leaders will correct the youth and contact parent/guardian. (Strike 3).
- Following three strikes and a talk with the parent/guardian, the rider will be asked to skip a week of rides.
- After the missed week, the rider can return to his or her group.
- If the rider continues to receive warnings following the missed week of practice, 906AT staff will determine next steps.
- Expulsion from the program is possible.

04: ATTENDANCE POLICY

- You must attend 80% of your scheduled rides.
- Riders who do not attend on a regular basis struggle to keep up with the members of their group who show up every week.
- Holding a spot for a rider who does not attend is not fair to the many riders who would like to join.

05: STACK TEAM APP

- Everyone will receive an invitation to Stack Team App. Everything you need to know will be shared in the app.
- Download the app then wait for further instructions before setting up your account.
- Identify your group assignments in the app and report directly to that station on your first scheduled ride. Do not come to rides looking for someone to show you how to use the app.
- All parents/guardians who regularly transport a rider should access the app so they are aware of changes, updates, and general expectations.



06: GEAR

REQUIRED GEAR

BIKE

- Kickstand removed.
- Safe to ride with no broken, loose, or worn out parts.
- Shifts well.
- Has working brakes.
- Fits the rider.

ADVENTURE TEAM SHIRT

- Having everyone (youth and volunteers) wearing the shirt is a helpful, visual cue so we know who is part of our group and who isn't.

HELMET

- The helmet should sit flat on the head with about two finger widths between the eyebrows and the bottom of the helmet.
- The straps around the ears should form a 'Y' shape that meets just below the earlobe. If the helmet tilts forward, adjust the rear strap. If the helmet tilts backward, adjust the front strap.
- The chinstrap should fit securely with room for one or two fingers between the strap and the chin.

MEDICATIONS

- Bring to every ride.
- Know how to use them before your first ride.



NAMEPLATE

- No nameplate = no ride.
- Nameplates help us quickly identify who is and who is not part of Adventure Team.
- Nameplates help us identify AT youth from a distance (risk management) and create more personal connections by addressing them by name.
- Nameplates let us know the adult has passed a background check and required training.
- First nameplate is given to you at the first ride.
- Replacement nameplates cost \$5.00.

SHOES

- Close-toed are required - no sandals of any kind.
- Securely attach to your foot - slip on shoes are not recommended.
- Have a hard or rubbery bottom.
- If your shoes have laces, make sure they are short and won't get wrapped in your chain.

WATER

- An easy way to take water on the trail is a bottle cage attached to the bike frame.
- If you cannot attach a bottle cage to your frame, a hydration pack is a good option.



OPTIONAL GEAR



GLOVES

- Protect hands during falls.
- You do not need to buy bike specific gloves.

GLASSES

- Protects eyes from dirt, dust, sticks.
- Choose clear lenses.
- You do not need to buy bike specific glasses.

BUG REPELLENT

SUNSCREEN

**No
Nameplate
=
No Ride**

**ADVENTURE
TEAM**



07: BASECAMP ETIQUETTE

RIDERS

- Walk to your station with your parent or guardian.
- Find your station and pick a cone to stand by.
- Helmets are always on.
- No wheelies at any time.
- Always have both hands on the bars.
- Model: Respect. Effort. Consistency. Grit.

PARENTS OR GUARDIANS

- We need to be clear who has custody of the kids at all times, and we do not want a gap between us - i.e. dropping kids and sending them to the station alone, or sending kids from a station across or into traffic to find their parent or guardian. This is a simple step, and we need everyone's commitment to it.
- Chain of Custody
 - Walk your rider to their station between 5:50 and 6:00.
 - Communicate the exchange of custody with the leader.
 - Do not leave your rider at the station if there isn't a volunteer leader present.
 - Pick your rider up at their station and communicate the exchange of custody with the leader.
 - If you will not be the person picking up, communicate this with your rider's leader.
- Before you leave make sure your rider has:
 - Nameplate.
 - Helmet.
 - Any required medications.
- You must notify your rider's leader if the person dropping the rider off will not pick the rider up at the end of the ride. **Leaders and volunteers may not let a rider leave with another adult if this has not been communicated.** Simply tell your rider's leader during drop off.

08: TRAIL ETIQUETTE



YIELD

- Bikes yield to horses and foot traffic.
- Downhill riders yield to uphill riders.
- If you stop, move to the side of the trail.

STAYING SAFE

- Always ride single-file.
- Stay with your group.
- Try to always see the person in front of you.
- If you get lost, stay where you are and wait for your group to find you.
- No earbuds.
- Phones in your backpack.
- Don't ride and text.
- Walk when necessary.

BE AWARE OF:

- Animals.
- Other riders.
- Your surroundings.

RESPECT FOR THE ENVIRONMENT

- Stay on trails.
- Leave no trace.
- Stay off muddy trails.

RESPECT FOR OTHERS

- Thank trail volunteers.
- Talk positively about others.
- Display positive and welcoming attitudes.

09: WHAT TO EXPECT

ORIENTATION DAY

- Orientation is not a drop-off event.
- Parents/guardians need to stay on site and go through the orientation with their rider(s).

RIDES JUNE - AUGUST

- Parent or guardian drops off at your station.
- ABCD bike check with your leaders and group.
- Skills focus / Overcoming Obstacles Course.
- Group ride plan.
- Ride!
- Return to station.
- Parent or guardian picks you up at your station.

10: WEATHER



- Safety is job #1.
- Trail impact needs to be factored into the decision. (We put a lot of people into the woods. Poor trail conditions + a lot of people = damaged trails.)
- It's disappointing to cancel rides. Sometimes life is disappointing. It is a great opportunity to talk to kids about safety and protecting the trails.
- Local point person will be responsible for flagging potential inclement weather, communicating with 906 AT staff.
- Decision to cancel will be communicated three hours prior to scheduled start.
- Cancellation announcements will be made by 3 PM only on Stack Team App.

11: CONCUSSION PROTOCOL

We take head injuries seriously. If your rider sustains a head injury, you must provide a note from your child's doctor giving them permission to return to ride.

OBSERVABLE SIGNS OF CONCUSSION AND HEAD INJURY

- Balance, gait, or coordination problems
- Blank or vacant look
- Clumsy
- Communication difficulties
- Facial injury
- Forgetful
- Irritability
- Slow to respond to verbal prompts or questions
- Unusually emotional
- Convulsion or seizure
- Drowsiness or inability to wake up
- Increasing confusion, restlessness, or agitation
- Loss of consciousness
- One pupil larger than the other
- Slurred speech
- Vomiting
- Unusual behavior

SIGNS OF CONCUSSION AND HEAD INJURY YOUR RIDER MAY REPORT:

- Dizziness
- Emotional
- Headache
- Mental Fog
- Nausea
- Nervousness
- Pressure in head
- Sensitivity to light, movement, or noise
- Sleep disturbance (sleeping more or less than usual)
- Headache that is severe or increasing
- Neck pain
- Numbness or tingling
- Visual problems such as blurred or double vision

RETURN TO RIDES

After a mild to moderate head injury, most children feel better within a couple of weeks but the return to normal activity should be slow and monitored by a medical professional. The Centers for Disease Control and Prevention (CDC) offers the following guidelines for return to sports activities:

- Step 1: Back to regular activities (such as school)
- Step 2: Light aerobic activity
- Step 3: Moderate activity
- Step 4: Heavy, non-contact activity
- Step 5: Practice & full contact
- Step 6: Competition



12: MINOR PARTICIPANT ABUSE PREVENTION

906 Adventure Team is committed to maintaining an environment free from emotional, physical, and sexual misconduct where all participants are empowered to become the best versions of themselves through outdoor adventure. Parents, guardians, and participants are encouraged to report policy violations to their area lead or a 906AT staff member.

ABUSE PREVENTION EDUCATION

Annual child abuse prevention training is required for all adult participants including basecamp volunteers, leaders, leads, staff, and board members. Participant abuse prevention is available for parents/guardians in the LMS Resources but not required.

POLICIES

ONE-ON-ONE INTERACTIONS

All one-on-one in-program contact between an adult participant and a All one-on-one in-program contact between an adult participant and a minor participant must be observable (someone else can see it) and interruptible (someone else can stop it).

OUT-OF-PROGRAM CONTACT

Adult participants may have out-of-program contact if it is understood that they are not acting within the nature and scope of leadership of 906 Adventure Team.

TRANSPORTATION

An adult participant may not transport a minor participant one-on-one during program-related travel without permission from parent/guardian.

ELECTRONIC COMMUNICATIONS

One-on-one electronic communication between an adult participant and a minor participant is not permitted.

GIFTS

Adult participants are prohibited from giving personal gifts to a minor participant unless distributed equitably to all participants.

PHOTOGRAPHY/VIDEO

Photos or videos of minor participants must be observable (another adult participant can see the photograph/video being taken). Photos or videos of minor participants may not be shared on personal social media pages by volunteers.

EXCEPTIONS

DUAL RELATIONSHIP

Exceptions may be permitted for dual relationship with parent/guardian permission. Examples of dual relationships are: relative, neighbor, family friend.

EMERGENCY CIRCUMSTANCES

In an emergency, an adult participant will first respond to the immediate needs of a minor participant. The adult participant will seek an additional adult or minor participant when it is safe and reasonable to do so.

CLOSE-IN-AGE PARTICIPANT

When a minor participant turns 18 during the course of the event, program, activity or production, (s)he is still considered a minor participant for the purposes of these policies.

PERSONAL CARE ASSISTANT

A personal care assistant hired by a parent/guardian to provide medical or behavioral support for a minor participant and acting under the authority of the parent/guardian.

13: GROWTH MINDSET

Having a growth mindset means you focus on developing your skills, not on trying to be better than someone else. People with a growth mindset believe they can get better at anything with practice and effort and encourage others to do the same.

CHARACTERISTICS OF GROWTH MINDSET

- We develop talent and ability
- Value practice over perfection
- Value setbacks, challenges, or failures as opportunities to grow
- Focus on growth and learning, not the finish line
- Practice, dedication, and effort are key
- Try to improve areas of weakness
- Persistence and grit when something is hard
- Learn from the success and failures of others

CHARACTERISTICS OF FIXED MINDSET

- We are born with a set amount of talent or ability
- Value natural ability
- Believe any form of failure defines the whole person
- Focus on looking like a pro
- Get by on natural ability or talent is key
- Try to hide areas of weakness
- Give up easily when something is hard
- Feel threatened by the success of others



Your mindset sets the tone for your ride. With a growth mindset, difficult tasks become opportunities for growth and learning.

THREE RULES FOR GROWTH MINDSET

- EFFORT
- EMBRACE YOUR MISTAKES
- NEVER STOP LEARNING

GROWTH MINDSET LANGUAGE

- How will you challenge yourself today?
- What do you want to improve today?
- Where did it go wrong?
- What strategies can/did you use?
- How can we look at that differently?
- What could you do differently next time?
- What did you do today that you couldn't do last week? Last month? Last year?
- What was a challenge for you today?
- What was the hardest thing you did today?
- How did you keep yourself going when you felt like it was getting hard?
- What mistake did you make that you learned from?
- What did you do today that you are proud of?
- What's next?
- I can see that you are improving.
- I noticed you went back and tried that again.
- I saw you make a plan and stick to it.
- You kept going even when it was hard. That means you are growing.
- I noticed you tried something today you hadn't tried before.
- I can see that you are working hard.
- I noticed you were struggling with that. That shows you were finding your limits.
- I can tell that you have been practicing.
- Way to stick with it!
- You got farther today than last week. You'll have it soon!

GROWTH MINDSET PARENTS AND GUARDIANS

- Praise effort, consistency, grit, resilience, and improvement over natural talent
- Praise the process of learning and growing, not just the outcome
- Believe challenges and set-backs are opportunities for their rider to grow and learn
- Help their rider set short- and long-term goals
- Talk about their own challenges and struggles

HELPING RIDERS LEARN TO STRUGGLE

- Reframe failure as a learning opportunity
- Cheer the struggles
- Identify resilience and grit
- Teach your riders how to trouble-shoot
- Emphasize accomplishments that riders work hard to achieve
- Help riders set both short-term and long-term goals



14: ADVENTURE MINDSET

The frame through which children view the world is much different from ours. Through their eyes, the same trail, ridden week after week, can be an exciting adventure. Flowers bloom, birds migrate, leaves change color and drop to the ground, and the presence or absence of sun can dramatically change the experience. Most of us don't experience the world around us as it truly is because we bring along our own perceptions, agendas, goals, and distractions. To see the adventure through our children's eyes, we have to set those thoughts aside, breathe deeply, talk less, and listen more.



CHARACTERISTICS OF ADVENTURE MINDSET

- Explores
- Takes risks
- Willing to fail
- Collaborative
- Adapts
- Overcomes
- There is no finish line

ADVENTURE MINDSET HAS NO FINISH LINE

ADVENTURE MINDSET

- Personal Competition
- Character-driven
- Failure encouraged, part of the process
- No clock, there is no finish line
- Unlimited opportunity, success is infinite
- No rules, life isn't fair
- It's about the journey
- Awards effort, tenacity
- Points out the window to others
- Develops people, community

CREATE AN ADVENTURE

- Don't just go for a bike ride - go for an adventure
- Let the imagination run wild
- Stop and observe

MAKE IT FUN

- Slow down
- Enjoy the journey
- Explore
- Let them act like kids

TALK LESS, LISTEN MORE

- Enjoy the silence or natural sounds on the trail
- Let the child direct the conversation
- Be selective and creative when giving pointers

COMPETITION MINDSET

- Head-to-head Competition
- Performance driven
- Failure is discouraged
- Time bound, Finish lines
- Limited rosters, limited opportunity
- Relies on fairness, rules
- It's about the win
- Awards skill, talent, performance
- Looks in the mirror at self
- Develops athletes, small groups



15: SELF-SUPPORTED ETHOS

Adventure is unpredictable, uncomfortable, and unsafe. You are on your own. You are responsible for yourself. You are accountable for your actions and behaviors.



- No Excuses
- No Finger Pointing
- No Shortcuts

CHARACTERISTICS OF SELF-SUPPORTED ETHOS

- Accountability
- Preparation
- Ownership of outcomes
- You are responsible for yourself



The words you use and the actions you demonstrate through growth and adventure mindsets prepare you to fulfill a self-supported ethos.

*"EMPOWERING PEOPLE TO
BECOME THE BEST VERSION OF
THEMSELVES THROUGH OUTDOOR
ADVENTURE."*

