



Athlete Guide

Code of Conduct

Athletes are expected to have read the code of conduct before the season commences. This should be kept front of mind when representing themselves and the Instinct Development team at training and events alike. Athletes are to remember even when riding in their own time they represent the team as should act accordingly.

- Turn up prepared to ride for the full duration of the training session.
- Ensure that your bike is in good working order before arriving at training. If you require assistance or advice from coaches arriving early and letting the coaching staff know you need help is appreciated.
- Make sure you are adequately hydrated and fed before each session. Sessions have a limited time frame and stopping for snack breaks may not be planned for.
- Be self-motivated and prepared to focus on your own development.
- Arrive with your own goals in mind.
- Display good sportsmanship by treating fellow athletes, coaches, competitors and commissars with respect and fairness.
- Show integrity by adhering to the rules and regulations of the sport.
- Maintain a positive attitude, both in victory and defeat.
- Support and encourage your teammates, fostering a sense of camaraderie within the club.
- Embrace the spirit of friendly competition while maintaining respect for fellow athletes from other clubs or teams.

Injuries and Return to Sport

- Athletes must disclose any current or previous injuries to a coach
- Coaches will require a doctor's note/medical clearance before an Athlete may return to training after an injury, this includes concussions.

Race support and team affiliation

Athletes that fall into either or both of the following categories should register under the 'Instinct Development' affiliation with Cycling BC when purchasing a race license.

- Athletes racing in the team Jersey

- Athletes wishing to utilize our race support program

Athletes who do not fall under these categories may also affiliate with us if so desired!

Race Support includes the following:

- Mechanical assistance
- Track walk with coaches
- Line choice assistance
- On track coaching
- Warm ups and other assistance at the top of race track for qualifying and race run

We ask that athletes who do not wish to purchase race support, provide their own tools/spares/bike cleaners etc. These athletes may use the tent for storage of their personal belongings only.

Perks and Deals

Some industry brands have affiliated with the team. We are privileged and lucky to have them supporting us. Here is a detailed run down of the deals and perks our athletes may receive as members of Instinct Development. Within each brand there are some stipulations that may have been requested by them in order to provide the discount. These agreements keep our team looking professional and equipt for their jobs and we respect the requirements they have asked of us.

- Chromag: 60% off outerwear and components,
Athlete requirement: Race in Team/Chromag Jersey at all races, register for account at athlete intake (April/May)
- Fox Suspension: 30-40% off, maximum one fork and shock per person per season
Athlete requirement: tag @ridefoxbike on social media if you use it.
- S4 suspension:
30% off servicing, 10-50% off parts depending on item.
Athlete requirement: Enroll in at least 3 blocks of training each season (e.g, May, June, Summer)
- Evo Whistler: 10% off labour, 20% off accessories and clothing, preferred pricing on parts (depends on product)
- Alba distribution: varying discounts on all products, reach out to Ash for info
- Ridewrap: 20% off for all athletes. Orders go through Instinct/Ash
- POC sports: TBD

Team Kit

All athletes will receive some team Kit provided by Chromag as a way to represent Instinct Development and our other supporting brands.

If you would like to receive this kit, you must wear it at races (as per our agreement with Chromag)

Below is the breakdown of what athletes receive

U21 and U17: Jersey and Pants

U15: Jersey and Pants pending availability

U13: Jersey

Personal Sponsors/Outerwear

We encourage our athletes to maintain relationships with any personal sponsors/affiliations.

Athletes may print any additional sponsors on their Instinct Race Jersey, keeping the logos in line with the existing ones with regard to sizing and colour. If an athlete has their own outerwear sponsor, we can provide logos for you to print on that kit.