



SWEEPER VOLUNTEER GUIDELINES

National Interscholastic Cycling Association
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GENERAL OVERVIEW

A Sweeper keeps track of a rider wave by riding behind the last rider. Course Marshals, Roving Course Marshals, Finish Line Support Crew, the Scoring Team and racers all look to the Sweeper to gauge where the last rider in a wave is positioned on course. The Sweeper and Course Marshals who will be on course together attend the same Course Marshal briefing before the race.

While riding on course, the Sweeper takes care to stay well behind the last rider while being prepared to allow other riders to pass. The ideal spacing behind the last rider is fifteen seconds or 100 – 200 feet. This way the Sweeper won't be in photographs of the last rider in a group.

GOALS

- To ensure rider safety
- Stay well behind the last rider of each group
- Let Course Marshals, Scoring, and Finish Line Officials know where the last rider of a category or wave is on the course

PROCEDURE OVERVIEW

- Start race behind assigned wave and stay with the last rider of that group during the entirety of the race
 - Groups are by number series
 - 000s Varsity Boys, 100s Varsity Girls, 200s JV Boys, 300s JV Boys, 400s JV Girls, 500s Soph Boys, 600s Soph Boys, 700 Fresh/Soph Girls, 800s Fresh Boys (Div I teams and Independents, 900s Fresh Boys (Div II Teams)
- **Do not follow the riders too closely, a fifteen second interval is best**
- Make sure that scoring officials see you and know your number series at the end of each lap
- If the last riders of your group do not cross the finish line within the time cut on the second to last lap, continue on course until you find the last rider in your group that crossed
- If you come across an injury, report it to the nearest course marshal as they will have radios (**DO NOT PROVIDE TREATMENT BEYOND YOUR TRAINING**)
 - As soon as other support is on the scene return to staying with the last rider in your number group
- There are Roving Course Marshals who will be responding to injuries and other trail incidents. You can also check in with them if there is an issue.
- Be sure to inform rider of 5 minute penalty and report # to staff and scoring tent only if assistance is given
- Report rider numbers if someone cuts the course even if they say they are finished
- Look out for and warn careless spectators (especially young children and dogs)
- Do not pass any riders- **DO NOT INTERFERE**
- Please return your race plate after race

GLOSSARY TERMS

Category- a group of racers defined by grade-level and gender. Categories usually consist of five to one-hundred riders depending on the category and league. Each category is defined by one number series. An example of a category is JV Boys which usually has the 300s number series. Categories usually stage and start in intervals of 3 – 5 minutes.

Wave- defines a group of categories that race during the same time period. Examples of waves are: Girls Wave, Boys Wave, and Middle School Wave. Waves usually have three to five categories. There are generally two to four waves in each NICA race day.

Number Plate- is a vinyl sign affixed to each rider's bike. The number plate identifies the rider to Staging Officials, Course Marshals, Scoring, and if the rider is injured Emergency Medical Services. Number plates should be attached according to the instructions on the back of the plate (below):

- Accurate timing and scoring depends on how well you mount the plate.
 - Mount your number plate vertically in front of your bike's cables. Use all 3 mounting points.
 - No stickers, cutting/trimming, folding, marking or otherwise modifying the plate is allowed.

Staging Area- area riders line up into their categories before the race starts. Generally each category's area is marked off with ribbon and has a small opening where Staging Officials stand.

Number Series- the numbers assigned to a single category. These are generally standardized across NICA. The best place to find which number series is associated with a particular category is the Race Flyer.

Race Flyer- flyer that has all information for a particular race. Good to reference for race start times, category numbers series, and wave times.

EQUIPMENT LIST

- Race place ("Sweeper [category]")

DO's and DON'TS:

- Don't coach the riders
- Do give moral support to riders that clearly need it
- Don't try to get a "training" ride in - you are there for safety and support, not personal training
- Again, do not follow student-athletes too closely. Give them their space. "Out of the photograph."

VOLUNTEER LOCATIONS AND HOURS

Check in with your volunteer coordinator for specific races and times.

OTHER REFERENCES

Videos of volunteer positions are available online using the following link:

<http://www.nationalmtb.org/nica-race-volunteer-guidelines/>

THANK YOU FOR YOUR SUPPORT!