

## Gym Rules of Conduct

1. **No one leaves class until everyone is finished with their workout** unless you have a work/family emergency. CrossFit is community driven in which we support each other day in and day out. When it rains, we all get wet. We may train as an individual, but we workout as a community. If you finish first, you should be the first one cheering everybody else on until they are all finished.
2. **Be respectful to your coaches and fellow members by showing up to class on time.** We will be starting class exactly on the hour. If you are late we will not allow additional time for you to warm-up and the wod and movement demonstration will not be re-explained to you.
3. **Be honest with yourself, your team and your coach.** If you need to scale, scale. If you didn't complete a full rep, don't count it. If you have a nagging injury, tell your coach so they can find a different option for you.
4. **Please clean up after yourself when done with the equipment.** We have wipes in the gym for you to use. If you are a huge fan of excessive chalk please try your best to clean up your area after you are done working out.
5. **Eat well-** We can coach you all we want inside the gym, but what happens outside is up to you. If you come to 5 classes per week, and eat donuts everyday, please do not complain when you don't get the results that you are after.
6. **Please don't drop empty barbells.**
7. **Be social and have fun!** While we do take our training seriously, we want everyone to have some fun in the process. We enjoy a laugh as much as you do!

