



## *CrossFit 2712 Box Rules:*

### **We are a community**

We support, cheer, assist, push and motivate one another. We DON'T gossip about other members or coaches! Check your baggage at the door. Leave your ego, drama, and rumors at home. PB's will be celebrated like childbirth! We are respectful but not politically correct. We curse, fart, yell, grunt, scream, sweat, bleed, etc. You will too.

### **Clean Up**

Your mom doesn't work here. Put your equipment away. If you sweat, bleed, or puke on it sanitize it! Seems obvious enough, right? I assume you all clean up your own dishes when you're done eating at home—you wouldn't wait for someone else to do it for you. There's nothing more infuriating for a box owner and coach to see plates left out or a stray band tied round a pull-up bar after class. Space and time is often a premium for a CrossFit class, and no one wants to waste it by cleaning up someone else's shit. So do everyone a big favor and take pride in your box by putting your gear away. It's really not that hard. If you want to take it a step further, help your fellow athletes clean up too. Many hands make light work.

### **Don't drop the barbell when you're stripping the plates.**

When you are cleaning up, save your coach from a brain aneurism and strip down your barbell This means you should lift the barbell and slide the plates off of it, then place it back on the floor—don't just let it crash to the ground. This is how they get damaged, and as your coach will tell you, they're not cheap to replace. If you use too much chalk we have the right to make fun of you. You're allowed to cry before, during, and after the workout just don't act like a baby.

### **Be Responsible For Your Own Fitness.**

Scaling back a workout when necessary is intelligent, not weak. You cannot get fitter by staring at a bar that is too heavy. If you have an injury let us know. Do not cheat. Do every rep, with solid technique; no matter the time it takes. No one cares what your score was. Everyone cares if you cheated. If you lose count during a WOD, you start at 1.

### **Don't Cheat**

Please don't cheat unless you are a certified CrossFit 2712 coach. We do encourage you to cheer others on! We have a great coaching staff, if someone needs help please grab one of us.

### **Pay attention when the coach is giving instruction.**

It doesn't matter if you've been doing CrossFit for 1 month or 5 years, it's disrespectful to have your own private conversation or do your own thing when the coach is trying to give instruction to the class. You may know how to perform each movement off the top of your head, but not everyone does, so just be patient and quiet and let everyone get the full benefits of the coaches' knowledge. Besides, you might learn something new about the lift that you would have otherwise missed!



Mind and clean up after your Children. If not we will give them an espresso, a spoon of sugar, and a free puppy. For everyone's safety and sanity kids are not to be on the workout floor. We have our lounge room for kids.

### **Keep the gym awesome.**

Introduce yourself. We are more than a gym, we are a community. Hopefully your coach will take the initiative and announce a drop-in or a new member when you turn up for class. That's the first step. But you should view it as your duty as a member of your box to make sure that the new athlete feels welcome in a new environment—especially if it's their first taste of CrossFit. Furthermore, the new member will probably give a positive review of your box to their friends, which will bring in new business for your coach and help the community grow.

### **Brag to your family and friends.**

You're getting in the best shape of your life. You're having fun. You're doing things you never thought possible. Be proud of this. Shout your awesomeness from the mountain tops.

### **If you've sweated on the equipment, bled on the equipment or cried on the equipment, wipe it down.**

Aside from being an obvious point of hygiene, it really isn't a pleasant sensation to grab a wall ball that's wetter than a newborn baby, or sit your ass down on an abmat that might as well have been placed against the bare skin of the person before you. Grab a paper towel and disinfectant, and take the 30 seconds to wipe down your equipment. Please do it—for everyone's sake.

### **Don't steal other people's equipment.**

When you're setting up for a chipper (or any WOD that requires numerous pieces of equipment), you try to set up your area with the gear in such a way to make everything easily accessible as you switch from movement to movement. And this can even extend to the pull-up bar—especially if you need to attach a band. So when some fool takes your wall ball or steals your bar in the middle of a WOD, you have every right to feel upset. It's a CrossFit faux faux that should NEVER, EVER happen.

### **Don't be late.**

Remember, the box isn't a global gym—you can't turn up whenever you please (unless it's Open gym). *Classes* run in a box, and people pay good money to attend them and get their hours' worth of fitness and instruction. There are few other things more annoying than watching a straggler turn up and think they can just jump into class as if nothing has happened. Hell no, son. Go home, and have enough respect for your classmates and coaches to arrive on time.



### **Book in for class.**

This applies both to drop-ins and regular box attendees. If you are a member of a popular gym, and you *know* that classes get pretty full, give your coach a heads up by signing up online. We've all been through WODs that have had to be altered significantly because there wasn't enough equipment/space to go around, and it's not fun. There are class caps for a reason, so save your coach the trouble of having to change the WOD around and just sign up.

### **Nobody likes a “No-Show”.**

When you don't show up when you are still registered, it is annoying for the other box attendees, it is annoying for the coaches, it is annoying for everyone. Don't do this and unregister your booking in time.

### **If you ask to borrow an athlete's gear—give it back when you're done.**

Have you ever had someone ask if they can borrow your roll of tape, only to find that they keep passing it off to every single person who suddenly needs to wrap themselves up like a mummy? And you've always had a suspicion that someone else might have conveniently 'lost' those wrist straps you lent them a few weeks ago. Don't be a jerk, if you borrow some gear, give it back when YOU are done with it—not the entire class.

### **Respect an athlete's space.**

This is crucial for safety purposes, as well as the focus of the athlete. If someone is preparing for a major lift, don't walk behind them, in front of them, or anywhere close to them. If they need to bail, the last thing a coach wants to see happen is the bar strike an athlete standing too close, or worse yet have an athlete fall back on to someone else's equipment. For the same reason keep your children away from the main floor area!