



CrossFit Toowoomba

Code Of Conduct

1. It is a given, that when you train here with intensity, that groaning and moaning will result. Swearing however is not permitted - myself included so please be welcome to call me out.
2. Please be on time and be ready to start at the allocated time. 5 minutes early would be even better. It is important that you hear the briefing and be included in any skills training that we may be performing prior to the WOD. It is also important that you arrive in time for the warmup. I understand that due to traffic or unavoidable delays there'll be the odd "Sorry I'm late – I made it" moment. Just don't deliberately get out of doing the warmup.
3. Please don't park in the driveway. When we include runs up the street it is important that the area be clear. Also, if we ever need to call an ambulance then they have a clear passage.
4. No coaching unless you are Jo Maas. There is a difference between encouraging your fellow CrossFitter with a "C'mon, you can do it", and a "you need to do such and such" or "this is how you do it": even though it may be well intentioned. If you see something that looks wrong or dangerous, call my attention. So please don't coach, so I don't have to ask you not to. 200 burpees will be the punishment.
5. Please be considerate of my neighbours when arriving and leaving. Please don't park on their lawns, over-rev your car or talk loudly up the street. Parking is available down and up the street, as well as on Ruthven. You can use the quick walk as part of your warm up.
6. I love that CrossFit Toowoomba is casual, and I don't want pages of rules. The ones above are important to ensure that I can continue to deliver a high level of coaching for you.

Thankyou,

Jo Maas

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