



CrossFit Toowoomba

Code Of Conduct

1. No swearing.

2. It's getting busy at the box now, and for your safety:

* the scheduled start times need to be adhered to.

* if going to be late (even by 5 mins) please send a text – still turn up, but just give me a heads-up. Ie Roger – 5 mins

* time for the specific warmup will be allocated at the beginning of each session ie if session is 5pm, then warmup for that group starts at 5pm

* if you are early for your session, you are welcome to do extra warmup/skills in the provided warmup area. I will put a separate whiteboard and appropriate equipment at the entrance if you wish to do extra skills before your session time.

3. Please be welcome to ask ANY of the coaches for advice or instruction whether we are wearing a red shirt or not. The coaches who are insured to act on my behalf are RICHARD MAAS, GILLIE BOYD, IAN CLARK, JEN OBST, and JOELY DOWSETT.

* Please do not ask other members for technical help or instruct other members on how to do things. If it looks dangerous, call my attention immediately.

4. Your children are welcome.

* Older children – able to do homework unsupervised in the office.

* Younger children – in the toy area.

* Babies – if in a pram or on a mat they may stay next to mum.

Yours sincerely,
Jo Maas