



GYM RULES AND ETIQUETTE

- I. **BE ON TIME** And that means be early! Tardiness is downright rude, not well received, and BURPEES should be expected. Additionally, being late means you have just sacrificed a proper warm up which in turn sacrifices your safety. MACF will not allow for this. If you are 10 minutes late you will be turned away.
- II. **RESPECT THE COACH** If he/she is speaking, you are quietly listening. No side conversations.
- III. **LEAVE YOUR EGO AT THE DOOR, BE COACHABLE, AND LET THE COACH DO THE COACHING.**
- IV. **PUT SAFETY, FORM, AND TECHNIQUE BEFORE ALL ELSE** Don't kick it all to the curb just to make that heavy lift or beat the guy/gal next to you. By putting in the hard work now you will set yourself up for a long road of success. Neglecting the importance of safety, form, and technique is a sure way to sustain an (avoidable) injury.
- V. **SCALE OFTEN** Your goal in CrossFit should not be to complete the wod as prescribed day in and day out. Each individual wod is designed to generate a specific stimulus over a specific time. Scale appropriately in order to complete the wod and attain this stimulus.
- VI. **AIM TO IMPROVE DAILY** Practice, practice, practice. Especially your weaknesses. Don't expect to improve upon a skill which is neglected. Come in early. Stay a little later. Get it done.
- VII. **NEVER SAY, "I CAN'T"** CrossFit takes time. You will not fully understand everything in a matter of days, weeks, or even months. Be patient, celebrate the small successes, and keep telling yourself, "I CAN!".
- VIII. **DON'T CHEAT**
- IX. **TAKE CARE OF THE EQUIPMENT** Empty barbells, kettlebells, and dumbbells are not designed to be dropped. Also, barbells with solo 10# bumper plates should not be dropped. These actions will damage the equipment. If you damage the equipment you are damaging it for everyone. After all, this is a community affair. Let's be proactive in preserving the lifetime of our gym equipment!
- X. **IF NECESSARY, SHARE THE EQUIPMENT** At the same time, do not yank a piece of equipment from someone without first discussing. Once again, this is a communal space, treat it as such.
- XI. **CLEAN UP AFTER YOURSELF!** Sanitize and clean all equipment. Return equipment to where it belongs. Dispose of any blood, sweat, tears, dirt, spit, etc. that you may have left behind. It's good to know you are walking into a clean gym.
- XII. **CHALK IS A PRIVILEGE, NOT A RIGHT** And it certainly will not make you a better lifter, so don't be excessive with it. A small amount will go a long way. Keep it in the bucket and clean up your mess!
- XIII. **CONSOLIDATE YOUR WORKSPACE** Don't be running all over the place. Respect others' space and safety as well as your own (i.e. don't box jump with a kettlebell underneath you, etc.)



- XIV. RETAIL ITEMS ARE SOLD ON AN HONOR SYSTEM** Please pay for all items and inform your coach that you did so. Thank you!
- XV. BYSTANDING CHILDREN ARE NOT ALLOWED IN THE GYM WHILE CLASS IS IN SESSION.**
- XVI. NO CELL PHONES DURING CLASS** They are a distraction. If class is not important enough to keep you off of your phone for an hour than you clearly have something better to do.
- XVII. CHEER OTHERS ON** And don't leave anyone behind. We have all been there before, the last one standing. Before you clean up, help them complete their work.
- XVIII. EAT CLEAN** You have probably heard the adage, "You cannot out-train a poor diet".
- XIX. WORKOUT OFTEN** CrossFit recommends 3 days on and 1 day off (active rest). This will boost your metabolism, maximize your gains, and make you sexy.
- XX. STAY INVOLVED** Go to community events. Look for updates on the blog and facebook page. Check the wod!
- XXI. RECORD YOUR WODs, LIFTS, PRs, AND SUCCESSES** Every day! Do not expect a coach to know exactly how much weight you are capable of lifting. You should be tracking your own work. You cannot manage what you do not measure.
- XXII. WORK HARD. BE POSITIVE. RESPECT OTHERS. MEET NEW PEOPLE. HAVE FUN!**