



BOX RULES

CrossFit Hymn

We want you to benefit from your training as much as possible. More so we want you to ENJOY your training, have fun and feel good (not just when those endorphins rush at the end of the workout!). As part of the introduction a few new policies and procedures, and to keep everyone as safe as possible, please familiarise yourself with a few of the basic box rules.

Leave your day at the door: The box is a place for you to unwind and be free from the stresses of the day. The time you spend in the box is time to reconnect with yourself and also with a few great likeminded people. As much as possible, let your important people know where you are and switch off your phones, or at least put them on silent.

Leave your ego at the door: Our environment is one of comradery and coaching. There can be no comradery if your ego is in the way. There is no “looking good” at the box. We all have things we are good at and things we are bad at. If you are too worried about looking good or looking bad, you are not thinking about the workout in a way that is going to be safe and enjoyable for you.

Your ego will cause you to go heavier and faster than you ought to and will lead to injury.

Your ego will lead to you being more worried about the person next to you than your own performance.

Your ego will lead to you cheating the WOD I.e. missing reps and to lying on the score board to look good. Nobody likes a cheater or a sore loser.

Your ego gets in the way of coaching. Walking in the doors means you have an *agreement to be coachable*. We are not there to tell you what to do. Rather we are there to coach you through what you need to make you better. We want to make you better, fitter, stronger, we can only do that if you take on the coaching.

Let the coaches coach. If you are not a coach, please don't coach! We know you want to help the person next to you as much as we do. However, we sometimes have an intention on a certain day to coach a specific way that you are not aware of.

The coaches at CrossFit Hymn have all been training for more than three years, have been through a coach training program that involves, first shadowing, then completing the required CF Level 1, then another period of shadowing and assistant coaching, then a period where I have shadowed them and made corrections and finally they are allowed to coach. This process can take over a year of training and grooming to make sure we have the very best coaches for you.

We may on occasion ask someone in the class who we know is proficient at a skill to take someone through the basics, if we know that person is reliable for that movement.

If you see someone moving badly or have a concern, please let us know or bring it to our attention. No coaching of each other or from the side-lines please.

Treat the Box as your own. The box and the space is for you to enjoy and call your own. It is also a space for everyone else to enjoy. Please clean up after yourself. Pick up your water bottles, your papers, bottle tops, put your chalk away, equipment away neatly, toilets clean and presentable. This even includes taking out the mop to clean you're your corner and puddle of sweat if you are a heavy sweater. If everyone helps look after the box, it means we have to spend less time at the end of every day cleaning up and closing. It also means we can spend less on cleaning and more on your coaching and equipment.

No Earphones. During class times, NO earphones are allowed. If you don't like our music choice, please let us know and we will do our best to find something for everyone. Earphones get in the way of our coaching you, and it keeps the space safe for everyone, should there be an emergency or if we need to shout a warning for any reason. Earphones also remove you from having to interact and connect with your fellow members.

If you are not up for connecting, we all have bad days, rather find a quiet corner, or attend an Open Gym period to train.

Earphones are allowed during Open Gym times; however, NO earphones are allowed at ANY TIME if you are doing any sort of Olympic Lifting or attempting any sort of heavy lifting or 1 rep max.