



Dear Crossfit Kids' Parent

Thank you for allowing your child to be a part of the Crossfit Kids Class! The commitment to our children's future is a beautiful, arduous and amazingly nuanced path. The coaches are excited you have chosen CrossFit Kids to be a part of that path as CrossFit has changed all our lives immeasurably for the better. With your child, we are not only able to potentially enhance their lives, but we also have the opportunity to shape their lives and their realities within them.

I want to take this opportunity, now that the Kids Class is underway to set some policies and procedures for the safety of your child and the efficacy of their CrossFit class experience.

We will be running two groups/classes:

- Kids (ages 6-12yrs)
- Teens (ages 13-16yrs).

Please note that it is not the age of the child that is the deciding factor for what class he or she attends. It is largely based upon individual skill, athleticism, and maturity and is ultimately decided upon by the head coach to ensure your child is getting the most out of the CrossFit experience.

Kids and Teens classes last approx 45 mins.

As previously stated, your child's safety is paramount to the coaches, and it is with this focus I need your help. Below are some rules that we must enforce as a CrossFit community to best protect your child. Please:

1. Walk your children to the box for the start of class and come down to the box to pick them up;
2. Immediately notify the head coach if you see anyone in the parking lot or in the box who does not belong there.
3. Unless prearranged with the head coach, the children are only allowed to go home with the person who drops them off.
4. A waiver, signed by a parent or legal guardian, is required for each child before he or she is allowed to participate in the class.
5. Ensure your child has a bottle of water, or a bottle that can be filled up. Don't forget to put your child's name on it.
6. Ensure your children are wearing clothes appropriate for running, jumping, rolling, pulling, swinging, climbing, crawling, throwing and being upside down.

7. If you choose to stay and watch the class (which I hope you do!) please do not coach your child.
8. Children with disciplinary problems: first warning free of consequence, second warning sit out the first two minutes of the game, third warning go to the parent.
9. Finally, please make the head coach aware of any special needs for your children that may facilitate their individual safety, learning and growth (i.e ,medications, illness, physical/mental limitations, injury, sports etc)

We look forward to getting to know all of you personally and training your children to the utmost of my ability. If you have any questions, comments, problems or concerns please do not hesitate to get a hold of me at the following:

Coaches Maree, Brent & Grant