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HFS Northern Wairoa RULES

We want to guarantee we provide you with a fun and safe environment while training. To ensure this, please read and keep in mind while training the following rules because

We Ain't Your Mama...

- 1. Arrive on time** - We reward tardiness with burpees. You can't turn up whenever you please (unless it's Open Gym). Classes run in a box, and people pay good money to attend them and get their hours' worth of fitness and instruction. Have enough respect for your classmates and coaches to arrive on time. If you are over 5 minutes late you cannot join the class. You have to join the next class. If you are within that 5 minute late ratio, you have a choice of joining class with a 50 Burpee buy in - or wait for next class.
- 2. Attend Class** - We have your number and know where you live! It is not above me to inquire, call. We want to see you at the gym on a weekly basis! A workout may suck before and during, but you always feel better afterward. All you have to do is get your butt through the door and we take care of the rest.
- 3. Set Up Your Equipment** - We will help you scale weights and movements but it is your responsibility to get your weights, set up your station, and claim your workout real estate.
- 4. Never Say "I CAN'T"** - This is a four-letter cuss word in our world. Self-pity accomplishes nothing and will result in burpees.
- 5. A for Effort** - Effort is more important than any other attribute. Don't be embarrassed or ashamed if you can't lift as much or perform as well as other members. It doesn't matter so long as you push the envelope each and every workout.
- 6. We are a Community** - We support, cheer, assist, push and motivate one another. **We DON'T gossip** about other members.
- 7. LEAVE your DRAMA, RUMORS at home or Check your baggage at the door** - We only focus on positives that move us forward.
- 8. Leave your Ego at the Door** - Don't allow your ego to get in the way of training. There is always room for improving and progressing. Remember, there is always someone out there bigger, faster, and stronger than you.
- 9. PBs (Personal Bests)** will be celebrated like we won Lotto! They are great milestones
- 10. CHILDREN: (Courtesy of CrossFit WOF). Mind and clean up after your children.** If not we will give them an **espresso**, a **spoon of sugar**, and a **free puppy** ☺. Please make sure your kids stay off gym equipment and away from the weights. **For everyone's safety and sanity kids are not to be on the workout floor. We have a kid's space available.**

11. **DO NOT CHEAT - you only cheat yourself.** Do every rep, with solid technique, no matter the time it takes. No one cares what your score was. If you lose count during a WOD, you start again at 1.
12. **Put. Your. Crap. Away.** Seems obvious enough, right?
13. **Don't drop the barbell when you're stripping the plates.** This means you should lift the barbell and slide the plates off of it, then place it back on the floor.
14. **Clean Up:** If you've sweated, bled on or cried on the equipment, spray and wipe it down for the person to use.
15. **Don't steal other people's equipment.** When you're setting up for any WOD that requires numerous pieces of equipment, don't take other people's equipment - get your own or ask to share.
16. **Pay attention when the coach is giving instruction.** It doesn't matter if you've been doing Functional Fitness for 1 month or 5 years, it's disrespectful to have your own private conversation.
17. Don't have a conversation with someone in the middle of a workout. They might be too nice to tell you to SHUT UP.
18. If you ask to borrow an athlete's gear—give it back when you're done.
19. **Don't move the chalk bucket mid-WOD.** When chalk is moved mid WOD, that may hinder a PB performance.
20. **Respect an athlete's space** This is crucial for safety purposes.
21. **Try to avoid ghost riding.** Ghost riding refers to the phenomenon of dropping barbells, kettlebells and all manner of equipment from overhead, regardless of the situation or weight. This is important because dumbbells, kettlebells and barbells with thin plates can bounce when dropped from overhead and ricochet into yourself and other athletes. While it is very satisfying to hear the crash of the weights against the floor, try to reserve the sensation for the strictly heavy lifts.
22. **Introduce yourself to newcomers.** As a member of your HFSNW you must welcome any new comer - especially if it's their first taste of Functional Fitness.
23. **We are respectful, but not politically correct.** We curse, fart, yell, grunt, scream, sweat, bleed, etc. You will too.
24. **DON'T COACH.** Please. We do encourage you to cheer others on! We have a great coaching staff, so if someone needs help please grab one of us.
25. **Treat Equipment with Respect** - use it heavy and hard, but don't abuse it. There is no need to throw down a 25kg overhead press!