



HighAltitude
CrossFit

BOX RULES

1. SAFETY FIRST! It is crucial to train safe. When in doubt, ask a COACH!

2. HAVE FUN! This is not an option!

3. WOD SIGN UP! If you are going to WOD, you MUST sign up! I will be here if I KNOW you are!

4. BE ON TIME! Please be considerate of others.

5. CLEAN, DON'T LEAN! You MUST clean up after yourself. Blood, sweat and tears are mandatory!
(Use gym wipes)

6. POSITIVE ONLY! This is tough enough work, be a positive influence on others.

7. NO COACHING! You may injure an athlete! Always ask a COACH!

8. CARE OF EQUIPMENT! Use care and concern for all equipment. We have to use it tomorrow!

9. COMMUNICATE! Injury is not an option! Let us know how you feel...

10. CONQUER: VERB...to gain, win, or obtain by effort, to gain a victory over; surmount; master.

ANY BOX RULE BREAKERS WILL SUFFER THE WRATH OF THE BURPEE!!!

Show Up. Don't Quit.