

## **Privacy Policy**

We do not share your private information with anyone, ever.

## **Terms & Conditions**

When signing up for a membership or purchasing products you are authorizing charges to your credit card.

## **Refund Policy**

In the case of a defective product, you are entitled to a refund or exchange. We do not offer refunds on memberships unless you move from Stevens County MN.

## **Policies & Procedures**

The purpose of these policies is to provide consistent guidelines for everyone who is part of the community of CrossFit ELC. Our goal is to create a safe and enjoyable experience for our diverse group of athletes. We have all ages, abilities and fitness levels in our box. As such, please be considerate of others, and that includes coaches. We want everyone to enjoy a healthy and fun environment. Yes, we have rules, but they are made with YOU in mind.

1. Exercise clothing: Our only policy, you must be 18 to remove your shirt. Otherwise wear whatever makes you feel bad@\$! It gets hot; it gets cold, dress accordingly! Just please, wear deodorant!!
2. Food & beverages: Clean up your trash and we are fine. If you leave a crumb trail or spill something, just let a coach know so they can get you the appropriate tools for cleanup.
3. Equipment, Supplies & Fellow Athletes:
  - Dropping an empty barbell is punishable by death. Well, almost. PLEASE DON'T DO IT! There is no reason to drop a loaded bar from overhead, if you can't handle that weight, take it off unless you want to buy ELC some new bumpers and barbells.
  - Clean up your equipment when class is over and put it back where you got it. Unless your coach tells you to leave something out for the next class, please make sure everything gets cleaned up.
  - Don't get out of control with the chalk. A dab will do ya. Hold over the bucket when you put it on and leave it in the bucket. Make a mess with it? Grab some spray and a rag and clean it up. If you need a way to track your rounds/reps, use a mini whiteboard and marker instead of chalk lines on the floor.
  - Other stuff you are expected to clean up, your blood, sweat, pee, anything that came from your body. You get the idea. If your shirt is sweaty and the end of your WOD, your barbell, abmat, medball, etc. probably are too. Be a dear, clean stuff off.
  - Arriving a few minutes early is fantastic! It is what we prefer. Especially when you use that time wisely to mobilize. However, you need to mobilize in the lobby if another class is in session. There is no reason to enter the gym until it is time for your class to start.
4. Honesty: Scaling a WOD is great; cheating on your WOD is unacceptable. You aren't fooling anyone but yourself. No one cares where you finish on the whiteboard, everyone cares that you cheated. It screws up our whole community environment and makes people resent you. Please

don't do it. You want to be a faster and stronger athlete; you are going to actually have to work for it. If you aren't willing to do that, then you probably aren't at the right place.

5. Amenities: OK so ELC isn't exactly the Ritz Carlton, but we DO have some standards. Please leave the changing room like you were never in there. If you make a mess in the bathroom, please do your part to clean that mess up. There are extra clothes in the changing room if you forget something and there is lotion, tampons and body wipes in the bathroom if you need.
6. Personal belongings: You are more than welcome to leave your CF shoes here at ELC however, we regularly do a clean out of the shoes, if we see a pair of shoes that have not been touched in a while, we will announce that they are looking for their owner, if they haven't been claimed after 7 days, they will be donated.
7. GymMaster: We require you use GymMaster to RSVP to all classes. You cannot come to a class unless you have RSVP'd. If you do not know how to use GymMaster, please reach out to a coach for assistance.
  - Athletes must check-in by 9PM the night before, we must have a minimum of two check-ins or we will not have class.
  - Track your results in GymMaster or SugarWOD. The people who get the most frustrated about their progress are the people who have never tracked their progress. We highly recommend tracking your WODs daily.
8. Children: being able to bring your kiddos to the gym is a huge convenience, we get that. Unfortunately, having kids at the gym has caused extra cleanup for staff, distractions for coaches during workouts and safety concerns for kiddos and athletes. Kids will not be allowed during workout times unless they are young enough to stay strapped into a car seat or stroller for the duration of the class.
9. Adults Only: At this time, we are requiring that you are 18 or older if you attend ELC classes. This includes kids who have tested out of Athlete BootCamp. The high school has an awesome weight room for kids to use until ELC can get youth classes back on the schedule.
10. Weather & Classes: CrossFit ELC will follow the schools discretion with weather related announcements. If school is two hours late, ELC will cancel all morning classes. If school is closed due to weather, ELC will also be closed.
11. OnRamp- As of October 1, 2020, ELC will require all new members to complete an OnRamp course either individually or with a scheduled group. This is to keep new members and current members safe while also supporting coach's running a more effective class. If you refer a friend, WE LOVE IT, but please make sure to let them know about the OnRamp requirement.
12. Payments: Payments are due on the first of the month, every month. We do require each member to be setup on an automatic payment through GymMaster.
13. Punctuality: If you are on time, you're late. Not really, but ideally you should get here 5-10 minutes early and when you do, get right to work. You know what is tight and where your problem areas are, start stretching and mobilizing, use the bathroom, fill up your water, etc! If you get off work at 5:30, you can't make it to the 5:30 class. We are not OK with you jumping in late without the warmup. Classes start on time, if you are checked in but not here, we will not wait on you.

That concludes everything, at least the stuff we can think of for now. It's all pretty basic we just wanted to give you little more specifics on what "basics" means here at CrossFit ELC. If you have any questions, please reach out to Head Coach Steph Schmidgall.

CrossFit ELC Staff