

BFIT CrossFit Kids Classes & Sports Performance Policies and Procedures

Your child's safety is of the utmost importance to the coaches. With that in mind, we ask parents to help us by following each of these procedures consistently.

1. Walk your children inside the building for the start of the class and again, come inside the building to pick them up.
2. Bring your children to the designated upstairs area where the head coach will meet them and take them onto the gym floor for the day's class.
3. If you notice someone in the parking lot or in the gym who does not belong there, immediately notify the head coach.
4. Unless pre-arranged with the head coach, the children are only allowed to go home with the person who drops them off.
5. Until I get to know all of you and your children by name, please sign your child in and out (using the iPad near the entrance to the Sports Performance area) with the head coach to ensure they are going home with the appropriate person.
6. Payment is due at the start of the session, during early registration or late registration pay period.
7. A waiver, signed by a parent or legal guardian, is required for each child before he or she can participate in a class.
8. Ensure your child has a bottle of water, or a bottle that can be filled up at the drinking fountain. Don't forget to put your child's name on it!
9. Ensure your children are wearing clothes appropriate for running, jumping, rolling, pulling, swinging, climbing, crawling, throwing, and being upside down.
10. If you choose to stay and watch the class (which I hope you do!), please allow the coach to be the one to encourage/challenge your child.
11. Disciplinary issues will be dealt with as follows:
 - First reminder - free of consequences
 - Second warning - sit out the first two minutes of the game
 - Third warning – child is to return to the parent
12. Finally, please make the head coach aware of any special needs your children may have. This will help us facilitate their safety, learning, and growth (medications, illness, physical/mental limitations, injury, sports involvement).