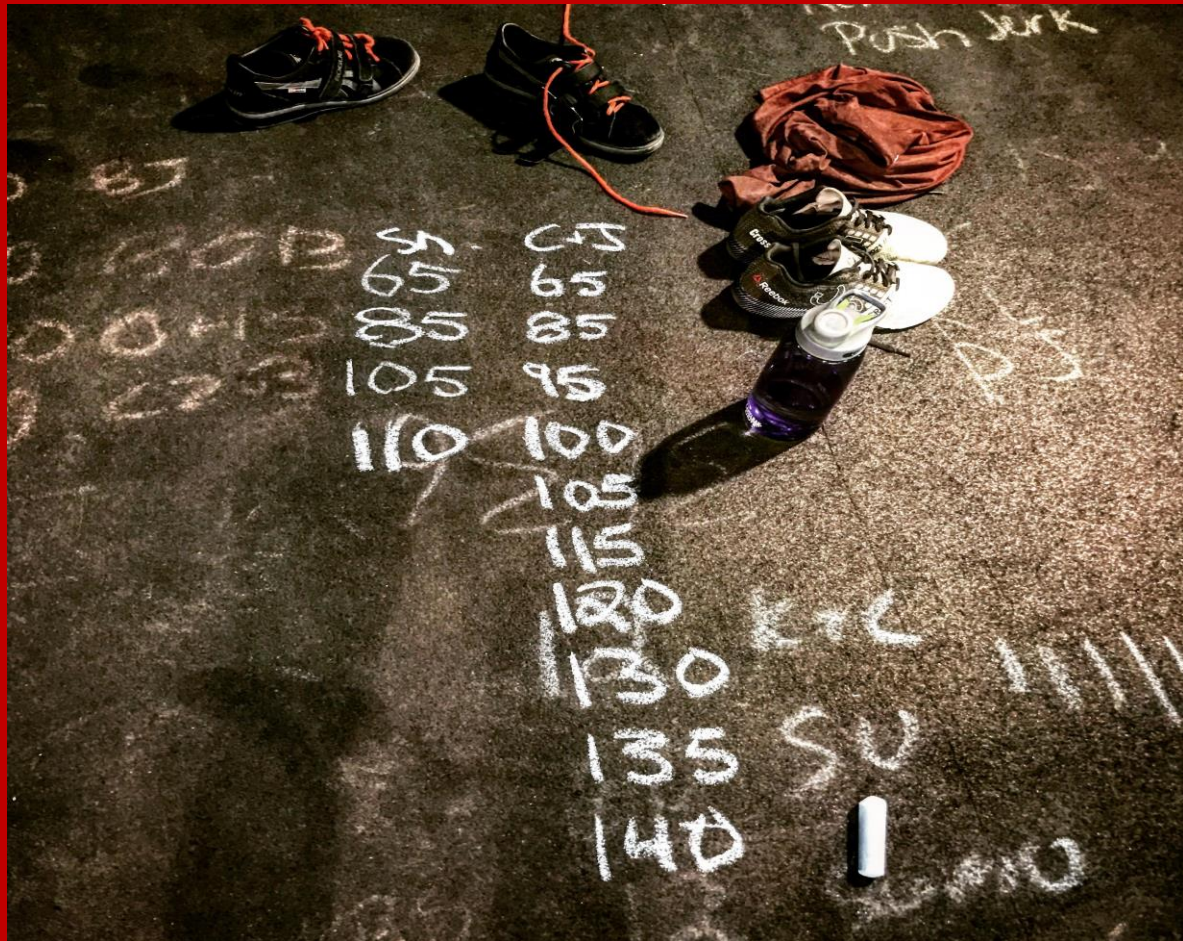


CFTC Policy & Guidelines





CFTC Policy & Guidelines

Please take a few minutes to read through the Member rules and regulations below. We want to be sure we are giving you the very best training experience (and one that is improving), which includes setting expectations properly for both you and for CFTC coaches and management.

COMMUNITY

Our Mission

- In a broken world we use fitness to lift each other up. To improve physical, emotional and mental health, increase confidence, self-esteem and self-worth, all with the help of a supportive and encouraging community.

Be Positive – smile – encourage

- For many, the time at CFTC is their best hour of the day. It is time to take care of yourself and a chance to take care of others. So, we expect a positive attitude with all negativity left outside our doors. Our community plays a large part in everyone's experience and ultimately the health and fitness results achieved. Please be respectful of differences and understand we all need to be lifted up at times. Maybe the reason we all want to be so strong is to carry others when they need us?
- We ask members to be considerate to fellow members by showing up on time. At CFTC we try and adhere to a strict time frame and program methodology. All aspects of the program are equally important – warm up, mobility, strength, skill, and WOD. For your own safety and for the overall experience of CFTC members we ask that you respect this process.

Building Integrity

- Counting your reps accurately means judging yourself honestly – be fair to yourself and fellow members pushing their limits right beside you. Integrity is doing what is in the highest good, not just what you might personally want. It's calling a penalty on yourself when it's warranted. It's taking pride in your final score, no matter where you place on SugarWOD. Integrity is a habit; it's practice; and when you constantly build integrity into your WOD, you'd be surprised how it carries over into your daily life. Training with integrity = living a life of integrity.

Facilities

- CFTC assumes no responsibility for lost or stolen articles. All articles not claimed will be donated to charity.



- There is only one shower in each restroom designated for ladies and men. We do allow use of the other sexes shower in the event it is not being used. However, please make certain everyone knows. If a male is using the ladies shower, please make sure ALL women know beforehand.
- No smoking is allowed in any part of the facility. Food or drink may be taken into workout areas if it is in a non-breakable, enclosed container. Please clean up after yourself/children/dog.
- The refrigerator is for your convenience and anyone to use – please help us keep it clean.
- CrossFit Tri-County is committed to the health, safety, welfare of each of its members and staff and will not tolerate unreasonable, threatening, obscene, harassing, indecent, or illegal behavior.

MEMBER SAFETY

- Members new to CrossFit will not be allowed by our coaches to attempt the more technical barbell lifts and Olympic lifts until they have attended our On Ramp instructional classes. Until such time, these new members will have substitute movements (modifications – a “ModWOD”) to ensure their safety.
- New members must attend On Ramp public or private. (contact Coach Scott if you need to schedule a private session. Private sessions will cost an additional \$50 for both instructional sessions).
- We ask that any children (unless attending a class) remain in the lobby area at all times. While it appears to be a great playground, our workout area can be a very dangerous place. For their own safety and the safety of our members they cannot be allowed in the workout area. Our coaches have enough responsibility and must give our athletes their full attention. Anyone not attending a class should view training sessions from behind the glass windows in the lobby.

CFTC SCHEDULE

- CFTC is not an “Open Gym” format (although Open Gym sessions are occasionally scheduled). All training sessions are scheduled unless otherwise notified by Head Coach Scott Sr Cyr.

Holiday Schedule

- CFTC Holiday Schedule – If the below holiday occurs during the week the below is the general guideline for CFTC training sessions.



NEW YEARS DAY	CFTC closed		PRESIDENTS DAY	1 am and 1 pm session
MEMORIAL DAY	1 am session		PATRIOTS DAY	1 am and 1 pm session
FOURTH OF JULY	CFTC closed		COLUMBUS DAY	1 am and 1 pm session
LABOR DAY	CFTC closed		VETERANS DAY	1 am and 1 pm session
THANKSGIVING	1 am session		CHRISTMAS EVE	Open Gym 8-11am
DAY AFTER THANKSGIVING	Open Gym 8-11am		CHRISTMAS DAY	CFTC closed
MARTIN LUTHER KING	1 am and 1 pm session		DECEMBER 26	Open Gym 8-11am
			DECEMBER 31	Open Gym 8-11am

Snow Days Policy

- This can get tricky but generally if schools (Franklin Public School District) are closed you can expect CFTC to be closed. Please understand that we are at the mercies of unpredictable New England weather and we will always heir on the side of caution. Just like during your workouts we have a responsibility for the wellbeing of our members and coaches.
- However, if storms are arriving/ending mid day we may try and operate some sessions as able. Members should refer to SugarWOD and the CFTC Facebook Members page (so make sure you have access to both) for up to date information regarding classes that will be running on a snow event day. The unpredictable nature of New England weather may make it necessary to make sudden changes to the schedule so please refer to SugarWOD /Facebook before leaving for your class at CFTC. Again, our priority is your safety and the safety of our coaches that are on duty.
- We will be posting Home WOD’s and mobility WOD’s on SugarWOD for those interested in getting a workout when CFTC is under forced closure.

FACILITIES & EQUIPMENT

- The parking lot was designed for parking – it was not designed to be a track for running. Please assume drivers are being careless, be very aware of oncoming vehicles when you are outside running. Please be cautious and show good judgement. The driver will surely be at fault, but you will suffer the physical consequences and that’s a losing proposition.



- Please put away all equipment after use.
- Please cleanup after yourself (water bottles, food, pets, children).
- Our 10# and 15# bumper plates DO break. To limit their damage please use them only with the 15# barbell. When used in isolation they can be irreparably damaged when dropped from overhead (snatch, press, jerk) or from shoulder height (cleans) so please try NOT to drop from overhead when using the 10# and 15# solely. If the 10# or 15# is being partnered with another, same-sized plate they are much stronger and should be able to hold up to the force. However, please make every effort to not “slam” the barbell down, but rather make an effort to drop the barbell on an even horizontal plane so it hits the floor level. These plates are expensive, please help us make them last.
- Please use a cleaning wipe to wipe down GHD/Wall Ball/Rower Handles/Assault Bike/Sled after use. Spray the towel provided rather than spray the gear directly. Also, gently wipe any electronic panel.
- CFTC is “dog friendly” and we don’t mind you bringing in your dog on occasion. However, please be respectful of other members in the event your dog makes excessive noise or is generally being a distraction to fellow members looking for their coach’s attention. Also, CFTC management and coaches are NOT responsible for picking up after your dog. Please pick up after your dog and vacuum the floor if they are shedding – nobody wants to do burpees on dog hair.
- Members shall pay for any damages to CFTC Inc property which results from the willful or negligent conduct of member, member’s guest or dependent children.

MEMBERSHIP

- Every active member must have a completed CFTC registration form, membership agreement, and liability release, on file at CFTC. If you are unsure, it is always a good idea to have an updated form on file. These forms can be found on the CFTC website, printed and completed.
- New members have three days after signing the Membership Agreement to cancel their membership without penalty. If the Agreement is cancelled within three days, CFTC will return all amounts paid (in the same manner paid) within 30 days after cancellation. To cancel membership, new members must email info@crossfit-tricounty.com (we will confirm receipt of the email with a reply – if you get no



reply you should assume we did not receive your request) - We require a written confirmation (email) for cancelation (or for membership changes).

Core Memberships

- Annual Unlimited
- Unlimited Monthly
- 3X per week (13 times per month)
- 10 Class Punch Card (expires after 6 months if not used. Punch cards are not transferrable)

Specialty Memberships

- CF Kids (Monday and Wednesday)
- CF Teens (Tuesday, Thursday and Friday)
- On Ramp (1st month introductory program)
- Recovery Program (weekly)

- A member may cancel his/her membership at any time with a minimum of 7 days' notice. To cancel membership, members must email info@crossfit-tricounty.com (*we will confirm receipt of the email with a reply – if you get no reply you should assume we did not receive your request*). Alternatively, you may call Ed Ronan at 508-346-3075.

- Head Coach Scott St Cyr will occasionally schedule “**open gym**” times in addition to, or in replace of normal scheduled training session. Open gym is “open to everyone”, free for Unlimited Memberships but charged as a class against all other membership plans. Open Gym has no coach on duty and possibly no programmed training. It is “open” for you to work on anything you wish.

- “Special” training classes: **Barbells Skills** and **Gymnastics Skills** are available to all but are charged a class against your membership.

- **Competitors Training** is an extra class offered at a variety of weekend times – to be announced by Coach Scott. This time is devoted to developing and pushing athletes that WILL BE competing this calendar year. To be able to attend this session an athlete must show mastery of CrossFit standards and proficiency in movements. It is imperative, for the safety of the athlete, that these standards are met as there is no formal coaching during this session. Our goal is longevity in the sport and therefore



we ask that if you 1) plan to compete and 2) would like participate in Comp Training , that you approach Coach Scott prior to attending the class. If he believes you are not quite ready to for this level of intensity coaches will work together to offer you qualitative feedback in areas that we would like to see you develop before joining Comp Training. This session is available to all those with a Core Membership.

- **Recovery Class** is a weekly class – usually 60 minutes and usually on the weekend - where you'll be guided through a variety of yoga postures, [self-myofascial release](#) techniques, and core strengthening to improve your range of motion and increase overall strength and stability. It can be done on a rest day or as a complement to our WOD. The class is free to all Unlimited Members while all other members will be charged \$5 per session. Any non-members attending will be charged \$10.

PRICING

- Our default policy is that memberships are set to “auto-renew” and “autopay” each month for those with a payment method (debit or credit card) saved within their profile.
- If you become a new member mid-month, you will be charged a prorated amount for the remaining of the month and then beginning the 1st of every month your full membership dues will be charged and due (not applicable for our Annual Unlimited discounted membership). Late fees can be charged to your account for up to \$20 per occurrence. Please be sure your account payment method is up to date and your dues are being paid on time.
- Members will not receive a prorated refund should they decide to cancel their membership prior to expiration (annual or monthly). The one exception is for those members that provide CFTC management with a doctor’s letter explaining a medical condition preventing participation.
- Members may put their membership on “Hold” for reasons due to unexpected circumstances (i.e: doctor supported injury, pregnancy, illness). Notice of hold must be given to CFTC via email at info@crossfit-tricounty.com. Members will not be billed for membership during hold period. Billing will resume automatically upon end of hold. The current membership agreement will be extended by the number of months frozen. CFTC may request supporting documentation.



Discounts

- Our discounts are designed to ease the financial strains on our family members. We understand that CrossFit training is a financial commitment and we appreciate the commitment you have made to CFTC and respect the health commitment you have made to yourself and family. While the monthly cost may seem large, many realize it is a cost worth every penny with life enhancing results. Additionally, we are fighting chronic disease with CrossFit and the cost savings you will realize by side-stepping chronic illness could be the greatest financial relief of your life (do some research and see for yourself the staggering costs that impact those fighting chronic disease).
- No special financial considerations can be made to members regarding price. Everyone will be treated equally. However, we want everyone to get a discount if they qualify.
- Every qualifying discount is 15% off our regular prices on Core Memberships.
- Discounts cannot be “stacked” – the largest discount you would get is 15% even if you qualified for more than one discount.
- Couples Discount – is designed for households not just married couples. Any two or more family members, living under the same roof, are eligible for a couple’s discount.

TECHNOLOGY

- Every active member should be able to log in to their Member Connect portal. This portal is where you can reserve a class, see attendance and payment history, update your payment method, track family history, view workouts and our schedule. Please familiarize yourself with all our technology service applications (ZenPlanner, SugarWOD, Facebook, Instagram).
- All members should have the ZenPlanner mobile app downloaded and should be using the app to reserve classes ahead of time. You can reserve up to 5 days in advance. Class limits are generally 20 athletes. Up to 5 members can be held on a wait list in the event a reservation is cancelled.
- Please be respectful of other members and cancel your reservation if you no longer plan to attend. When you reserve a class you need to “remove” your reservation at least 120 minutes prior to the start of the class or your membership will be charged 1 class attendance.



- Check-in when you arrive using the Kiosk at the front desk.
- Purchases for all retail items can be made at the front desk kiosk.

