



## **Welcome to CrossFit Kids Brisbane**

### **What is CrossFit Kids?**

CrossFit Kids is not simply a scaled down version of CrossFit, it is the complete CrossFit program, geared and designed for a special population and the specific developmental needs of that population. Our program delivers a fitness that is, by design, broad, general, and inclusive. Our specialty is not specializing. Healthy living requires that our kids push, pull, run, throw, climb, lift, and jump, effectively and safely regardless of whether or not they play athletics. Athletics is a specialized pursuit. Our goal is to support the specialist, but reward the generalist.

### **Supporting the CrossFit Kids Program**

We want kids to develop a lifelong love of exercise. As parents you can support this by focusing on the 'fun' aspects of their CrossFit experience rather than on performance. We will work to encourage and reward effort, and build support and friendship within the group. We look forward to you joining us in this endeavor.

### **Transport**

CrossFit Brisbane is becoming a very busy place. We no longer allow any parking in the driveway. This area is now used as a warm-up or waiting area. If you are dropping off, or picking up your child, please use parking spaces in the surrounding streets. A stop-drop-go zone will be accommodated at the front of the driveway. Please observe a 2 min maximum standing period in this zone. To avoid any confusion, please notify us if you will not be picking up your child and inform us of their transport arrangements. We understand that teenagers can be quite independent but we need to know that the plan is YOUR idea not theirs, before we let them go.

### **Class Times**

Classes run from 4pm – 4:45pm on both Monday and Wednesday. We will need kids to clear the area quickly after their session is finished as the gym becomes very busy prior to the 5pm CrossFit class.

If you have any questions, please don't hesitate to contact us at the gym. Looking forward to working with you and your kids!

The Brisbane CFK Team

## CrossFit Kids Permission Slip

In addition to the standard CrossFit Brisbane waiver that must be signed by all participants in the CrossFit Kids program, there are additional things that are specific to the kids program that require parent/guardian permission. Please read the following, circle Yes to acknowledge your permission and sign in the space provided.

I hereby give permission for \_\_\_\_\_ (child's name) to participate in the CrossFit Brisbane CrossFit kids program.

I grant permission to CrossFit Brisbane to (please circle):-

- Photograph my child performing activities associated with the program - **YES** / NO
- Post photographs of my child on the CrossFit Brisbane website - **YES** / NO
- To post results on the website identifying my child by first name and last initial (surnames will not be used) - **YES** / NO
- To take my child to surrounding locations as a part of the program activities (typically the local park) - **YES** / NO

Parent / Guardian Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_