

Mission Statement and Box Rules

Our Mission Statement

To provide a fully inclusive community which positively effects peoples lives. Creating a safe and challenging environment that encourages wellness and fitness.

Our Values

At CrossFit Yield our values form the foundation on which we perform and conduct ourselves. These values underlie how we interact with each other, and how we go about our coaching. They are the practices we use every day in everything we do.

- 1. Family** – At Crossfit Yield not only do we believe, we are all stronger together, we know we are.
- 2. Education** – We believe in continually learning and teaching – making our and other people’s lives better.
- 3. Environment (People)** – Crossfit Yield is all about surrounding ourselves around people that have a positive impact on our lives, shunning negativity.
- 4. Environment (Place)** – Crossfit Yield is built on Quality and Functional equipment (longevity and serves purpose) not just make do.
- 5. Personable** – At Crossfit Yield we believe it is important to listen and make people feel special

3. INTEGRITY. There are many definitions and meanings of Integrity. At CrossFit Yield we focus on two in particular. The first is regarded as adherence to moral and ethical principles; soundness of moral character; the honesty and truthfulness or accuracy of one’s actions. “Doing what’s right even when no one is looking”. The second is in regards to structure. A sound, unimpaired, or perfect condition: “the integrity of a ship’s hull”. These walls are strong because of our members! Integrity defines our gym both structurally and morally!

Gym Rules

2. SIGN IN WHEN ENTERING THE GYM. It allows us to monitor class sizes and memberships virtually and lets us know if we have to add more classes. Then grab your log book or device and check your previous data for the WOD or movements and write your name on the whiteboard and hit the posted warm up. If any unfamiliar movements appear on the warm up get a coach’s attention. Especially important for open gym.
3. INFORM THE COACH OF INJURIES. Waiting until after isn’t impressive or honourable. It’s not safe!
4. LEAVE YOUR EGO AT THE DOOR. Somewhere in the world someone is warming up with your PB. However keep it close by to safely drive your competitive juices.
5. RESPECT OUR EQUIPMENT. Drop as a last resort. Dropping weight is not a convenience. Bumpers are designed for emergency dropping. If you are dropping every other rep of Fran you probably are using too much weight. Control the load, don’t let the load control you. NEVER drop an empty barbell. Our equipment was expensive, and the more we have to replace, the more we have to charge you.
6. CLEAN UP! Put stuff back where it belongs when you’re done and keep the chalk in the bucket. Hang jump ropes on proper length hook. Clean off any bars, which may contain your

sweat and/or your blood with wipes. Pick up your used tape, pens, notebooks, scrap papers, chalk, plasters, water bottles and sweaty clothes.

7. RESPECT THE COACH and listen while the coach is going over points of performance. No one's form is perfect enough, not even the coaches'. Virtuosity is the goal. Do not talk when the coach is talking and move with the group when the coach instructs. This interferes with time management and the safety of each member of the class.

8. SCALE/MODIFICATIONS AND TIME CAPS ON THE WOD. Time caps will keep you from over-training. A high % of WODs will have time limits. There's a science behind the programming, so don't try to mess with it. We will scale workouts according to your needs less can be more!

9. POSITIVE ATTITUDE AND TALK. Attitude and effort earn respect. Work hard. Don't drag people down with negativity. Be optimistic, have fun and push yourself and those around you to do better. When you are done with your WOD cheer others on or use your intuition if they need to be in their own zone. The last person to finish should get the most cheers. Be adult and curse at the correct times at your own risk.

10. SHOWING UP IS THE HARDEST PART. For newbies, make sure you're staying consistent. For veterans, don't start thinking that it's okay to just do your own thing whenever you want to. There's a myriad of reasons we have class. For starters, you're less likely to bias yourself towards the things you're good at; you'll get some competition; and no matter how experienced you are, you still need coaching and you can still stand to work on the basics. If you have extra things you're working on, there are special times right before or after class to work on them

11. INTEGRITY. Don't cheat no one cares what your score was. Everyone cares if you cheated. Be honest with everyone else, and be honest with yourself. You know what full range of motion is, so there's no excuse for consecutive poor reps. If someone calls you out for doing something wrong, listen to him or her. The person standing around watching you work out has a much better perspective on what you're doing than you do. If you see someone doing something that you're pretty sure will hurt them, be assertive and ask them stop. It does not matter who it is. If anyone is deadlifting with a rounded back, you can call him or her out! Safety first!

14. THE NEIGHBOURS. We are in a very rural environment but we want to be a positive stimulus on the community at large. Don't play loud music, don't smash heavy weights all the time (see rule 5). Be careful when exiting onto the lane if running or in a car.

- Introduce Yourself... there is no better feeling than entering a CrossFit gym and having existing members introduce themselves. Please introduce yourself to any new athlete and new athletes introduce yourselves to our members. CrossFit Yield is more than just a gym. It's a community.
- Dress Code... don't worry about how you look. Worry about how you perform. This is a casual gym: no shirt, no worries. But ladies invest in a good sports bra! (Claire advice)
- Be proud!
- Boobs!! We are a breastfeeding friendly box, to be fair we are a feed your baby friendly box however you do it. If you are offended by breastfeeding then please remove yourself from the area.