YOUTH HOLIDAY CLASSES GUIDELINES

To ensure a safe, positive and enjoyable experience for all children participating in our Youth Holiday Classes, we ask all parents and guardians to read and agree to the following conditions.

1. Parent / Guardian Supervision

- Parents or guardians of children must remain at the gym throughout the entire session and be available to assist their child if required.

2. Waivers & Participation

- A completed parent/guardian waiver must be submitted before a child can participate in any session.
- Parents/guardians must inform the coach of any medical conditions, injuries, physical limitations or other relevant information that may affect their child's ability to participate safely.

3. Collection of Children

- Children must remain at the gym until the session has finished.
- Children may only leave the premises with their parent/guardian or a designated authorised pick-up person.

4. Parent / Guardian Conduct During Sessions

- If you are not participating in a CrossFit Synergy class yourself, please remain seated in the designated parent viewing area.
- Please refrain from speaking to, distracting or coaching your child during the session unless the coach specifically asks you to assist.
- Parents/guardians may be asked to accompany their child to the toilet if required.

5. What Your Child Needs

Please ensure your child arrives with:

- A full water bottle.
- Comfortable, appropriate athletic clothing.
- Suitable enclosed footwear.
- Clothing that allows them to move freely while climbing, jumping, running, swinging and crawling.

6. Behavior & Respect

- Parents/guardians are responsible for managing their child's behavior and ensuring they follow instructions and show respect towards coaches and other participants.
- Our coaches will take care of teaching technique, movement and exercise safety.
- Children are expected to listen to the coach, follow instructions, and behave appropriately so that all participants can enjoy a safe and uninterrupted session.
- If a child's behavior becomes disruptive or unsafe, the coach may ask the parent/guardian to intervene. In some circumstances, the child may be asked to sit out or finish the session early.

7. Safety & Participation

- All activities will be coached and supervised, with exercises adjusted to suit the child's age and ability.
- Children are expected to participate within their own capabilities and follow all safety instructions provided by the coach.

Thank you for helping us create a safe, supportive, and fun environment for all our young athletes!

CrossFit Synergy | Where Strength Meets Community

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