

## **Trident CrossFit Kids Parent Letter 2016**

Dear CrossFit Kids' Parent,

Thank you for allowing your child to be a part of our CrossFit Kids Class! The commitment to our children's future is a beautiful, arduous, amazingly nuanced path; the coaches are excited you have chosen CrossFit Kids to be a part of that path as Trident CrossFit has changed all of our lives immeasurably for the better. With your child, we are not only able to potentially enhance their lives, but we also have the opportunity to shape their lives and their realities within them. Our commitment to your child's safety and opportunity to potentiate their personal lives are our primary focus.

I wanted to take this opportunity to set some policies and procedures for the safety of your child and the efficacy of their CrossFit class experience.

We will be running one class to include ages four through 10. Please note that we will break the group down based upon individual skill, athleticism, and maturity and is ultimately decided upon by the head coach to ensure your child is getting the most out of the CrossFit experience. Our primary goal is to ensure that kids have a fun, safe experience and that at the end of each class they are looking forward to joining us again.

As previously stated, your child's safety is paramount to the coaches, and it is with this focus we need your help. Below are some rules that we must enforce as a CrossFit Community to best protect your child; please:

1. \_\_\_\_ Walk your children inside the building for the start of the class, and come inside the building to pick them up.
2. \_\_\_\_ Bring your children to the designated Kid area, where the head coach will meet them and take them onto the gym floor for the day's class.
3. \_\_\_\_ Immediately notify the head coach if you see anyone in the parking lot or in the gym that does not belong there.
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 we get to know all of you and your children by name, please sign your child in and out with the head coach so we can ensure they are going home with the appropriate person.
6. \_\_\_\_ Payment by Session
7. \_\_\_\_ A waiver, signed by a parent or legal guardian, is required for each child before he or she is allowed to 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 child wears 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 do not coach your child. PLEASE NOTE, a parent must be present for the duration of the Preschool class in the gym where the kids class is being conducted. This is for your child's safety and that of the other children participating in the class.

11. \_\_\_\_ Children with disciplinary problems: first warning-free of consequence, second warning-sit out the first two minutes of the game, third warning-go to the parent.

12. \_\_\_\_ Finally, please make the head coach aware of any special needs for your children that may facilitate their individual safety, learning, and growth (i.e., medications, illness, physical/mental limitations, injury, sports, etc.).

We look forward to getting to know all of you personally and training your children to the utmost of our ability. If you have any questions, comments, problems, or concerns, please let us know as soon as possible.

Parent print and sign: \_\_\_\_\_

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

Coach print and sign: \_\_\_\_\_

## CrossFit Kids for Emergency Card & Photo Release

What information do we need to know so that we may provide the best care for your child?

Emergency Contact Information: \_\_\_\_\_ Date: \_\_\_\_\_

Child/Minor Name (and nickname if any): \_\_\_\_\_ DOB: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_ Cell phone with area code: ( \_\_\_\_\_ )

Email: \_\_\_\_\_ Home phone with area code: ( \_\_\_\_\_ )

\_\_\_\_\_ Work phone with area code: ( \_\_\_\_\_ )

### Spouse/Partner Contact Info

Cell phone with area code: ( \_\_\_\_\_ ) Email: \_\_\_\_\_

Home phone with area code: ( \_\_\_\_\_ ) Work phone with area code: ( \_\_\_\_\_ )

The following people have my consent to pick up my child from

Located at: \_\_\_\_\_ Name/Cell phone with area code: ( \_\_\_\_\_ )

\_\_\_\_\_ Name/Cell phone with area code: ( \_\_\_\_\_ )

\_\_\_\_\_ Name/Cell phone with area code: ( \_\_\_\_\_ )

Release to administer medication (Tylenol) and or rescue inhaler

### Photo Release

I hereby give permission for images of my child, captured during regular and special activities, through video, camera and digital camera, to be used solely for the purposes of CrossFit, CrossFit Kids or Licensed CrossFit affiliate promotional material publications and website and waive any rights of compensation or ownership thereto. Last names of minors will not be given or posted on the internet or website.

Name of Minor:

Name of Parent/Guardian:

Signature:

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