



## House Rules for Kids and Parent Agreement

If you, the parent, comes in to take a class you are more than welcome to bring your child with you. These rules have been made to ensure the safety and comfort of your child, and for all the members at CFAS. You must sign this agreement and a release of liability waiver for your child before your child can come play.

### 1. Children are the responsibility of the parent

Although I encourage us all, as members of this community, to care for each others keiki as if they were our own, ultimately your children are your responsibility. If you bring your child to class, and they are having a problem, it is you, the parent, that will need to stop the workout to assist your child. That is not the coaches responsibility, nor any other CFAS member. CFAS is not a daycare, nor meant as a drop off center for kids. Unless taking a CF Kids class, children must be accompanied by a parent at all times. We may, in the future, hire a care giver for the kids area, but right now you must keep an eye on your own child. If your child is in a CF Kids class and it is that child's class time, then the coach is responsible for your child.

### 2. Our kids' are raised in the traditions of Hawai'i and we encourage our families and children to read, learn, and practice the following values:

***Aloha kekahi i kekahi***—Love one another.

***Malama i kou Kuleana***—Take care of your responsibilities.

***Kokua aku kokua mai***—Give help, receive help.

***Mahalo i ka mea loa'a***—Be thankful for what we have.

### 3. CFAS Positive Behavior Rule

If any coach feels the need to correct any behavior that is harmful or hurtful, physically or verbally, that a child is doing to any other child, they will get warning and be encouraged to maintain positive behavior. If the child gets three warnings, they will be asked to sit in a safe corner for a while and cool off. If the child is completely unmanageable for any coach, you may be called and asked to pick up your child. This is for the safety of all the children at CFAS. Your child may be asked to leave the program

at any time if any destructive, harmful, or hurtful behavior arises. AllStar is not the place for such behavior, and appropriate behavior is needed to keep the class safe and manageable.

#### **4. Safety Escort**

If you are bringing your child to a CrossFit Kids class(ages 5 -12 yrs.) please escort your child in from the parking lot, or drive around the back alley and make sure that a coach greets your child. Please sign your child in. Do not drop off child off-site and expect them to walk in alone, for their own safety. At pick up, please come in to get your child and sign them out, or pick up at back alley and make sure a coach knows you are taking your child home. Teens may arrive or leave on their own.

#### **5. Be on time**

For drop off and pick up to the best of your ability. CrossFit Kids classes are 45 min, and as you know, every second counts!

#### **6. Be sure your child has the following:**

- Water bottle
- Snack
- Gym bag or back pack with extra clothes and homework in case parent is running late they can get started on homework
- Any medications your child may need (ex. asthma inhaler) with a doctor's note or prescription, and parent note allowing KC Stallsmith to administer meds if needed or in case of emergency
- Active wear, please no skirts or dresses (ok to wear tights or shorts under skirts or dresses)
- Hair ties and long hair pulled back for girls and boys
- Minimal, closed toed shoes. Vans or converse work just fine.
- Positive ATTITUDE!

I agree to the CFAS House rules above and will do my very best to live them.

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Parent signature

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Parent Signature

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CrossFit Kid Signature