

## CODE OF CONDUCT

- ✓ We are proud EUDOKIANS!
- ✓ We help, support and encourage each other no matter what. We actively contribute to a great inclusive CrossFit Eudokia community, inside and outside the box.
- ✓ We treat each other and our environment with the greatest respect. We do not accept any type of discrimination, intimidation, violence or aggression. We make sure CrossFit Eudokia is a safe haven for all.
- ✓ We pay attention to our own and each other's safety. We handle the training material carefully and clean up after use.
- ✓ We take good care of our physical and mental health. We do not participate in a training session under the influence of alcohol, drugs, stimulants, narcotics or substances designated as doping.
- ✓ We respect each other's privacy. We do not make any video-recordings or photo's without permission or use a phone in the training area.
- ✓ We always do the best we can and make sure we are on time, smelling fresh and clean and wearing appropriate sports clothing. We follow the instructions of the coach and inform him/her in case of injuries or other relevant information.
- ✓ We leave our ego and our valuable stuff at home.
- ✓ We cheer on our buddies as much as we can. We leave the coaching to the coach!
- ✓ We always keep a positive mindset: "I can and I will" and a humble attitude.
- ✓ We follow the House Rules of the General Terms and Conditions.

*Create your own health!©*