



Sokol Cedar Rapids

Code of Conduct

Sokol Cedar Rapids believes that the safety and wellness of our students is of the highest importance. Open Gym or Gym class participants are required to understand and follow our code of conduct.

1. Consult your physician before starting any exercise program.
2. Be respectful of your coaches and supervisors at Sokol
 - a. Come to the gym ready to perform to the best of your ability. Be ready both physically and mentally.
 - b. Plan to arrive on time for classes. Late students disrupt the class, and tardy students may not be allowed to join the class at the instructor's discretion.
 - c. Enter and exit the gym area only when instructed to by coach or supervisor.
 - d. Always show a positive and supportive attitude.
3. Wear appropriate gym attire at all times.
 - a. If athletic shoes are suggested by instructor, only shoe dedicated for gym use will be allowed. No street shoes! Sand and dirt are the main cause for wear and tear on the equipment.
 - b. Do not wear belts, jeans, or any other clothing with rivets or that may otherwise damage our equipment.
 - c. No inappropriate or revealing clothing is allowed.
4. Treat all equipment with respect.
 - a. Return all equipment when finished.
 - b. Make a reasonable effort to keep our gym and facilities clean.
 - c. Willful or deliberate destruction of Sokol equipment or property will result in immediate and permanent expulsion and may result in criminal charges.
5. To ensure a safe and friendly for everyone:
 - a. Be courteous and respectful to others
 - b. No profanity.
 - c. No smoking (except in designated outdoor areas)
 - d. No alcohol or drugs will be tolerated.
 - e. No weapons of any kind are allowed in the facility.
6. No food or beverages on the gym floor (except water).
7. Use designated areas for changing or storing personal property. Sokol is not responsible for lost or stolen property.
8. Only registered students are allowed on the gym floor.
9. I understand that my participation (or my child's participation) in Gym classes or Open gym is risky and I agree to assume responsibility for harm to myself and harm to others for my actions or failure to act appropriately.

I understand and agree to abide by the above rules and expectations. I understand that my participation in Open Gym or Gym Classes are a privilege and failure to follow the above rules and expectations can result in disciplinary action up to and including permanent expulsion.

Athlete's Name _____

Athlete's Signature _____

Parent's Name _____
(if athlete under 18 years of age.)

Parent Signature: _____

Date: _____