



Raise the Bar / BRCF Playbook

1. **Punctuality** – We provide 10-15 minutes for you each hour to prepare for the WOD. Spend that time on warm-up, mobility, and flexibility protocols. Beyond that you're cutting into the WOD. Use the time allocated for prep – socialize afterwards.
2. **Clean up after yourself** – Gear, rags, towels, sweat, and chalk. Wipe down and wipe up after yourself. Put back what you pull out and cleanup your footprint so the next person doesn't have to. RtB is home to us all – please keep your home tidy.
3. **Bring your own gear** – Braces, sleeves, wraps, gloves, tape, and towels. Its easy to forget your gear once in while – not a problem. If you need it but don't own it, take the time to get your tool kit in order and bring your own schtuff.
4. **Community** – We are a community-based organization. How we welcome and treat our FNG's is going to determine how we grow. Which means we need each member of the RtB /BRCF family to be welcoming and encouraging of our newbies.
5. **Dress Code** – Keep the goods wrapped up. Functional attire – serviceable footwear. Shoes really do matter – blown out running shoes aren't going to cut it. Neither are onion shorts.
6. **Attitudes & Ego** – These are two things that will get you hurt – quickly. Don't let bravado and / or a big head motivate you to attempt a larger lift than your skill level. Put in the time at the weight you can handle.
7. **Honesty & Integrity** – Being first doesn't mean you're the strongest and being last doesn't mean you're the weakest. Don't be so consumed with posting high scores that you would compromise rep counts to put up better numbers. BS'ing your way through a workout doesn't benefit you.
8. **Be Respectful** – Be respectful of your gym, the equipment at your gym, other folks who train at RtB / BRCF, and class timelines. Equipment can break, drywall does crack, and it is possible to shorten the lifespan of any piece of equipment if it's abused. If your class is over, migrate off the training floor quickly to allow the next trainer to get their class setup and rolling.
9. **Trainers** – If you're not one – don't train. YouTube University does not equip you with enough information to give sound training, nutrition, or recovery advice. If you're not part of the training team leave the lessons to the lead trainer for your class.
10. **Time** – We are always available for the occasional drive by. If you need to get some significant one-on-one time with your favorite trainer you would best served setting up an appointment.