

## CrossFit Bemidji Equipment

### Where can you find the equipment?

- Barbells are stored in one of 3 vertical storage racks.
- Bumper plates are on wheels and are stacked by weight. (Please stack them with numbers up.) Dumbbells and kettlebells are grouped by weight. Small plates go on the weight tree by the bikes.
- Boxes are stacked against the wall by the rowers. Smaller boxes get stacked in the corner.
- Rowers are stored standing on end. Make sure to fold the arm of computer screen down and release the handle from the hook. Before storing them PLEASE remember to use a Lysol wipe and wipe down the handle, seat and monorail.
- Wallballs are stored on the wall shelves. 8 lb balls go on the bottom shelf and ascend in weight.
- Jump ropes are stored on the wall hooks in the corner by the white rig. Please make sure that you return your rope to the appropriate hook based on the length of the rope. This helps to keep them untangled (which helps them last longer) as well as easier to find when we need them.
- PVC pipes used in warm ups are stored in the large red trashcan by the GHDs.
- Abmats and foam rollers are stacked on the wall mount by the bathroom.
- Lacrosse balls are stored in the wood baskets by the slamball/sandbags on the metal shelf, along with other miscellaneous items for your use, just remember to put items back neatly.
- Hand chalk is kept in the red buckets. Please do not remove chunks of chalk from the buckets. This leads to hand chalk being crushed and wasted. If we all leave the chalk in the bucket, then there is chalk for everyone when we need it.

Basically, equipment should be returned to where you got it from, and in the manner it was found or better! Never worse. Always put your equipment away.

### How do you treat the equipment?

- Avoid at ALL costs dropping Dumbbells from overhead. **NEVER** throw them down. The same goes for Kettlebells. These two pieces of equipment could easily break (and they're expensive).
- The Farmer Carry collars (red ones) are to be used **ONLY** on the farmer walk handles (axle bars).
- Try to avoid throwing or dropping loaded barbells from overhead. The bars can bounce in erratic ways, and if the training floor is full of athletes who aren't controlling their weights, any sense of safety is compromised. You should always

be in control of your movements, your weights and how you affect the members around you.

- If you sweat on the equipment, bleed on the equipment or cry on the equipment, wipe it down. This means medicine balls, bikes, rowers, everything.
- Always keep a bare barbell from dropping to the floor when you're stripping your plates. This means you should lift the barbell and slide the plates off of it, then place it back on the floor – don't just let it crash to the ground. This is how they get damaged.
- If you have 10's or 15's on your bar please do your very best to control the bar on the way down (ie: not drop from above hip height) this is why the inner rings pop out from the plates, making them wobbly and eventually unusable.
- Children are not allowed to use workout equipment for toys. If your children come to class with you, please bring something with you to keep them occupied as we have limited space to store those extra items. Kids are **never** allowed on the floor during any part of the class. This includes swinging on the rig, on the bikes, etc. We also ask that they clean up the seating area before leaving of any crumbs, trash, etc.

**Speak Up.** Please bring things to our attention. If you notice that equipment is broken, lights are out, or there's no toilet paper in the bathroom, let us know and we'll take care of it!

We all share this space. Let's care for our gym and each other like we actually like being here, treat equipment like you want to continue using it for a while, and help keep the space well kept so it's ready for us to return again tomorrow. Our community is important to us. It's at least a part of why we're all here. Introduce yourself to new members. It is intimidating to come into our crazy family. Remember how you felt on your first day in the gym. Make sure to be encouraging of your fellow classmates. Be willing to share equipment if need be. Try to avoid running out the door at the end of your workout when your gym mates are still working hard. And always cheer for everyone!