

# RULES OF PLAY

## Play Hard

Give your best effort in all activities.  
Demonstrate a commitment to activities.  
Participate for the whole session.

## Play Fair

Follow the rules and instructions.  
Be honest.  
Show good sportsmanship.

## Play Safe

Take responsibility for the safety of others.  
Avoid careless risks.  
Be aware of your body and others!

## Play as a Team

Be helpful to staff and other participants.  
Respect others, property and yourself.  
Cheer for your team.

## CONSEQUENCES

If participants are struggling with playing hard, playing fair, playing safe, or playing as a team, our staff will help kids refocus with one of the following redirections:

- ▶ Warning with specific advice.
- ▶ One-on-one play with a staff member or volunteer.
- ▶ Note home and parent as a fitness partner.

If the above interventions have not helped the child play hard, fair, safe, and as a team, our staff reserves the right to suspend participants from Fit Together, for a limited amount of time, or indefinitely.

