

## **Wolf Brigade Known Associate/ Chapter visitation, 2018**

Please read thoroughly, and then sign- knowing that we are both very pleased to offer this opportunity, and deadly serious about maintaining the environmental quality, integrity, and sanctity of our satellite locations;

Treat your visit to their facility as you would envision an ideal visitor to your home, and then add additional courtesy and discretion.

Respect, safety, courtesy, cleanliness, attentiveness, and appreciation are simply not suggestions.

Infractions will lead to immediate removal and blacklist.

Thank you in advance.

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- Participant acknowledges and agrees to adhere to all rules and regulations (*posted and/ or vocalized*) during the entire visit/ training session, and understands that they will vary from location to location.
  - If there is an agreed-upon time of arrival, you are to arrive (*minimum*) 10 minutes prior in order to familiarize yourself and handle logistics.
  - Unless agreed upon separately with facility staff, a training day is to be pre-selected from [wolfbrigade.com/blog](http://wolfbrigade.com/blog) (*based on the equipment and space guidelines of location*) and adhered to. Visitations are not open-gym playtime, unless offered or authorized by facility staff.
  - In selecting a training day, please assess your strengths and weaknesses, knowing that you are not paying for and will not be receiving a full instruction session (*unless agreed upon separately with facility staff*), cannot count on spotters, and in the case of Known Associate visitations, will be expected to self-manage.
  - Speed is never a substitute for form, quality composition is always a sounder strategy than quicker completion, and composure (*before, during, and after the work*) is not a suggestion; Standards are standards, whether training alone, in a group, at your home gym, or elsewhere.

- Leave no trace of yourself; In fact, make it a point to leave at least one element of the environment in better condition than you found it. That is what people that value their opportunities and surroundings do.
- When in doubt, ask, don't guess. For this type of new relationship/ interaction to be valuable to all parties, self-awareness and critical thinking must be present. Guessing is not a progress strategy.
- Amidst the firm language here, please know that everyone involved in this network is excited beyond belief that our brand of simple-but-detailed, hard-minded, progress-oriented training is gaining traction. You are an important part of an even more important process; Celebrate and appreciate that by putting your best foot forward.
- Cash payment is due prior to training (*\$40 given, \$20 returned at departure- assuming no transgression*) facility paperwork is to be filled out completely prior to training, and unless asked and cleared by facility staff, your phone stays in your bag during the training session;

Remember why you're there- minimize distractions in order to maintain full attention.

(Printed name) X \_\_\_\_\_

(Signature) X \_\_\_\_\_

(Email address) X \_\_\_\_\_

(Home address) X \_\_\_\_\_

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