



# EVOLVE

ALL STARS

## Athlete Virtual Training Agreement

By participating in Team App and/or live video classes I agree to follow all Evolve policies as well as to:

- be kind to my teammates and all Evolve members
- tell the Evolve coaches or an adult if someone is not being kind
- listen to my coaches' instructions
- participate to the best of my ability
- participate at my own risk
- behave in the same way I would when I am at Evolve
- wear suitable attire for videos/photos/video chats
- not private chat other athletes or the coaches on Team App
- have my mum, dad or guardian supervise me (if I am under 18)
- always practice in a safe, non-slip common space and move any obstacles out of the way
- keep my camera at head/shoulder height when going live
- not attempt skills and activities that I have not already mastered.
- I will not attempt higher level skills.
- Avoid any activities if I have or might have any injuries, aches or pains

CHEER YOUR HEART OUT