



## **RULES & ETIQUETTE**

- No food, drink or chewing gum on the mats.
- No profanity inside or around facility.
- No smoking inside or around facility.
- If you are sick, please stay home and rest.
- Treat everyone with respect, and the same will be done to you.
- Everyone here is family, be careful and use control with your training partner. Don't break your toys!
- Pick up after yourself.
- Please make sure you take your belongings from the cubbies.
- Please show up to class on time.
- Please ask the instructor for permission to attend class if you are running late.
- Use footwear when going outside or to the bathroom.
- Wash your hands after using the bathroom.
- Do not use the bathrooms to change clothes, please use changing rooms.
- All clothes, shoes, gym bags, etc. must be placed in cubbies.
- Training Jiu Jitsu involves close personal contact. Please be sure your GI, Shorts, Rash Guard, & Training Gear are clean, free of foul odors, & in good condition for every class. Be aware of your

personal hygiene. Make sure that your fingernails & toenails are properly rimmed, and your hair (if long) is pulled back & secured. Remove any watches, rings, or jewelry before training. If you have any type of skin infection you will not be allowed to train until it is cleared up. These bacterial & fungal infections are highly contagious and can quickly spread throughout the entire class. If you suspect you may have an infectious skin condition or are not sure, ask an instructor.

- Help new students with what you know. There is nothing to prove on the mats.
- Check your attitude when you walk through the door. This is the wrong place for people with bad intentions.
- There is no supervision provided for children. If you bring them they must remain on the bleachers or be directly attended, not playing around the gym. Control your kids when they are not in class. Kid's noise can interrupt classes, taking the attention of students and instructors. Please pick up after your children before you leave.
- Remember, to keep the gym a 'well-oiled machine' we need everyone's co-operation.

THANK YOU FOR YOUR ASSISTANCE.