



GYM ETIQUETTE AND RULES

- **NO SHOES ON THE MAT AT ANY TIME**
- **SHOES MUST BE WORN TO THE RESTROOMS AND AT ALL TIMES WHEN NOT ON THE MAT OR WHEN GOING OUTSIDE.** ANYONE COMING IN BAREFOOT OR ATTEMPTING TO RE-JOIN CLASS WITHOUT SHOES WILL BE ASKED TO LEAVE FOR THE DAY
- ALL EQUIPMENT (GI'S, RASH GUARDS, SHORTS, ETC) MUST BE CLEAN BEFORE USE AND SHOULD BE WASHED AFTER **EVERY CLASS. DO NOT REUSE DIRTY GIs!!**
- **PERSONAL HYGIENE IS A MUST.** PLEASE COME TO CLASS **CLEAN** WITH TOE AND FINGER NAILS CLIPPED. **NO LONG NAILS ALLOWED.**
- **NO JEWELRY OR PIERCINGS ALLOWED-** PLEASE REMOVE BEFORE TRAINING
- **IF YOU FEEL SICK- STAY HOME!! DO NOT COME TRAIN IF YOU ARE SICK OR NOT FEELING WELL.**
- BE AWARE OF YOUR PARTNERS EXPERIENCE LEVEL (OR LACK OF) AND GRAPPLE ACCORDINGLY
- REGARDLESS OF RANK, PAY ATTENTION TO YOUR POSITION ON THE MAT. PLEASE STOP AND RESET IF YOU ARE TOO CLOSE TO SOMEONE ELSE
- TAP EARLY AND TAP OFTEN TO PREVENT INJURIES
- **ABSOLUTELY NO FOOD OR DRINKS IN THE TRAINING AREA**
- CHILDREN IN THE WAITING AREA NOT PARTICIPATING IN A CLASS MUST REMAIN **QUIET AND NOT DISTURB THE CLASS IN SESSION**
- **NO COACHING FROM THE SIDELINES.** DO NOT COACH OVER OUR INSTRUCTORS
- NO METAL, ZIPPERS, BUTTONS, SNAPS ON THE MAT. NO SHORTS WITH POCKETS OR "SCHOOL CLOTHES" ARE ALLOWED.
- PLEASE FOLLOW OUR SCHEDULE AND WEAR THE APPROPRIATE UNIFORM
- **NO SHOES ON THE MAT AT ANY TIME**