Training Code of Conduct

Here are some things to be mindful of when training:

Duty of Care

TAKE CARE OF YOUR TRAINING PARTNERS. TRAIN HARD BUT TRAIN WITH CARE!

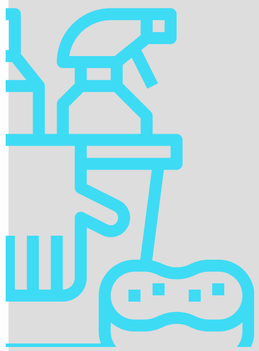
Control

PRACTICE SELF-CONTROL. WE ALL GET MAD SOMETIMES BUT ALWAYS TRY TO REMAIN RESPECTFUL TO YOUR PARTNERS AND THE GYM

Learn how to learn

REMOVING THE COACH FROM THE PEDESTAL. SELF-LEARNING IS THE ONLY TRUE LEARNING. EMBRACE PROBLEM SOLVING AND TRIAL AND ERROR.

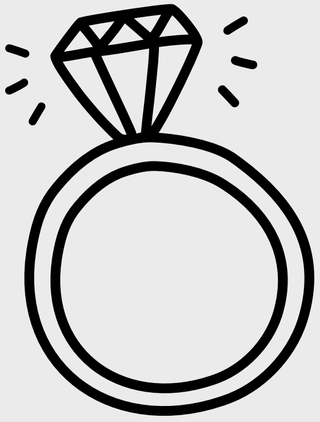
Practice Good Hygiene



DO NOT TRAIN WHEN SICK OR WITH CONTAGIOUS SKIN INFECTIONS (I.E. STAPH, RINGWORM)

Training Etiquette

To keep a good training evironment for everyone, we recommend...



No Jewelry- it can pull on skin & clothes leading to injury

Take care of your partners!

Respect Boundaries

No means No

Don't shy away from tapping. The mat isn't the UFC octagon. Failure is a feature of learning, not a bug.

Be mindful of where you are on the mat. Share the space!

Thank you!

Rules

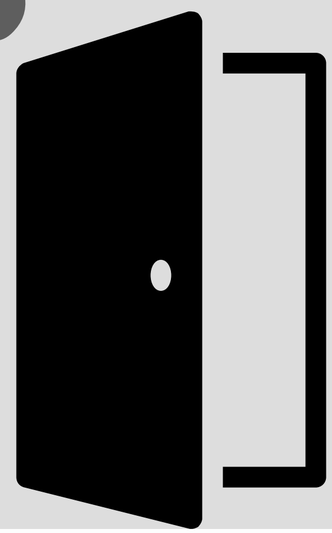
When training, **do not**...

1) Spar without a mouth guard
2) Train when sick or with contagious skin infections (i.e. staph, ringworm)
3) Train with dirty clothes
4) Train with long nails
5) Leave water bottles on the mats
6) Leave equipment on the mats
7) Obstruct the gym equipment with your stuff
8) Go behind the front desk without permission

Hygiene Guidelines

Keeping good hygeine keeps you and your training partners safe while training in close contact. We recommend...

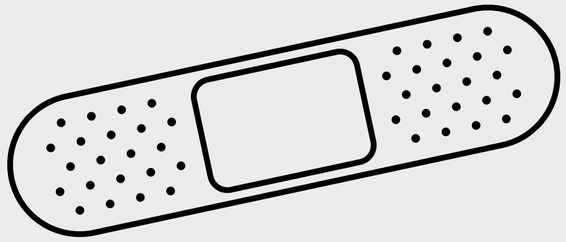
French Version here.



Change in Bathroom Stalls

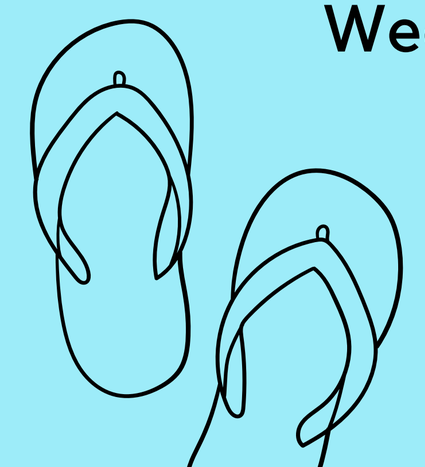
No one wants to see your undies, fellas!

No Open Wounds or Infections



Clean your Equipment Regularly

Wear sandals off the Mat



Shower after training and wash your training gear and equipment

Thank you!