

SAFETY & HYGIENE RULES

BEFORE TRAINING



Remove your shoes & store them neatly. **Wear indoor sandals around the facility, especially the restrooms.**



Barefoot only on the mats. Wrestling shoes are allowed.



Trim your finger- & toenails **short.**



Your body & gear must be **clean.**



Remove all jewelry. If it can't be removed, cover it with athletic tape.



Sanitize & bandage open cuts. Sanitize again after training.

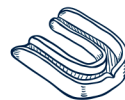


No food or gum on the mats. It's a choking & cleanliness hazard.

GEAR MAINTENANCE



Clean your gear & clothing after **every practice.**



If you or your gear are dirty or smelly, **you can't train.**



Hang dry your gi to prevent shrinkage & reduce wear.

STAY HOME IF ...



You have or suspect a **skin infection**, such as ringworm.



You are **sick or feverish.**



You have an **infected or badly bleeding wound.**

SAFETY & FIRST-AID



Call 911 if there's an emergency. Our address is:



Inform an instructor if there's **blood on the mats.**



Help yourself to the first-aid kits throughout the facility.