



Code of Conduct (adult student)

October 2026

The basics...

As a member of Nossa BJJ Academy, please:

- Be responsible for your own safety during training and be respectful of your training partners.
- Promote and demonstrate perseverance, self-control, and good 'sportsmanship' attitudes.
- Look after the premises facilities as if they were your own.
- Do not wear any outdoor footwear on the mats.
- Be punctual, arrive for classes and seminars on time.
- Bring the correct kit to class and make sure your gi is clean and fresh every class.
- Maintain personal hygiene and cleanliness; please trim your nails and cover over any open wounds.
- Do not train if you are not well. Go home and recover.
- Do not train with any communicable skin rashes or lesions. Seek advice from the coach if in doubt.



- Refrain from consuming alcohol or illegal drugs before/during training. Evidence of such will not be tolerated in the academy at any time.
- Make sure any loose articles are removed (earrings, rings, necklaces, wrist bands, watches).

Behaviour

- Respect and celebrate difference in our group. Do not discriminate against anyone else on the grounds of gender, age, race, sexual orientation or ability.
- Report any incidents of bullying, including homophobia and transphobia even if you're just a witness.
- Treat other students with respect and appreciate that everyone has various levels of skill and talent.
- Make Nossa BJJ Academy a welcoming and friendly place to be.
- Support and encourage your fellow teammates.
- Be respectful of your coaches, and they will be respectful of you.
- Play by the rules; adhere to academy etiquette.
- Follow our safety and safeguarding policies.



As a student at Nossa BJJ, we understand that you have the right to:

- Enjoy classes, gradings and other events as a member of the Nossa BJJ family.
- Be aware who you can talk to if something's not right and be listened to.
- Know who the Designated Safeguarding Officer is and have their contact details – Coach Danni Thomas-Watson nossabjjsafeguarding@gmail.com
- See any of our policies and procedures at any time online.
- Be respected by coaches and other students and be treated fairly.
- Feel welcomed, valued and not judged based on your race, gender, age, sexuality or ability.
- Be encouraged, supported and develop skills with our help.
- Cross-train at other clubs if you want to.
- Be looked after if there's an accident or injury and have a contact informed if necessary.