

SIREN JIU JTISU RULES AND POLICES: Stay FRESH

- FUN
 - Remember to have fun.
 - Jiu Jitsu is a combat sport, but it is only a sport.
 - We all have jobs or school tomorrow.
- RESPECT:
 - Respect the instructor, teammates, and the mats.
 - Show respect to all teammates and share knowledge freely as this gym prides itself on mutual growth.
 - Control yourself - language, actions, gestures, and expressions. If you wouldn't say it to your momma don't say it.
 - No is a complete sentence.
 - You may refuse any roll for any reason.
- EQUIPMENT:
 - NO shoes on the Mat
 - Wear shoes off the mats - especially in the bathroom.
 - Remove all jewelry and watches before class.
 - Recommended gear: mouth guard and cup.
 - Required gear: Appropriate uniform (Gi or No gi) any color allowed.
- SAFTEY:
 - TAP Early, Often, Proud and LOUD
 - Tap = stop your roll immediately
 - Report any injuries, health issues, or skin conditions to your instructor.
 - If you become injured during class, stop training and clean and cover your wound.
 - Notify your training partner of any limitations prior to rolling.
- HYGIENE:
 - Maintain good personal hygiene.
 - Tie back long hair
 - Keep fingernails and toenails trimmed and clean.
 - Wear a clean gi and/or rash guard, and wash your gi after each practice.
 - Cover cuts and scratches before training.
 - Do not train with any rashes or sores.
 - Wash feet in foot washing station prior to training.