



ESCAPE JIU JITSU RULES

1

Mat Hygiene

- No shoes on the mats.
- No bare feet off the mats.

2

Respect & Etiquette

- Coaches should always be addressed as “Coach.”
- All students must bow when entering and leaving the mat.
- Higher belts have the right of way when rolling.

3

Safety & Appearance

- No jewellery may be worn during training.
- Nails must be kept short, trimmed, and filed.

4

Personal Hygiene

- Arrive clean and free from body odour.
- If coming straight from work, please use our shower before training.
- Always wear clean training gear. Washing your gear after every session is non-negotiable.

5

Health & Skin Safety

- No training with skin infections (e.g., staph, ringworm). See flyer for more info
- Suspected or confirmed skin infection must be reported to a coach immediately.
- There is no embarrassment in reporting infections—this helps protect all students and staff.
- We strongly recommend showering as soon as possible after training. Sitting in sweaty clothes dramatically increases the risk of skin infections.
- Do not train when sick. Please stay home if you are unwell.

6

Parents & Spectators

- Parents are welcome to watch their children train.
- Please refrain from coaching, as it can be distracting to the class.