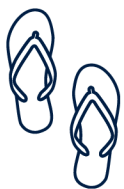




# SAFETY & HYGIENE RULES



## 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.

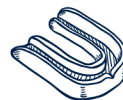


**No food or gum on the mats.** It's a choking & cleanliness hazard.

## 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:

**MANHATTAN GRAPPLE CLUB  
511 RICHARDS DRIVE  
MANHATTAN, KS 65502**



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



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