



Code of conduct

General

- Always show the proper respect to instructors and fellow students.
- No foul language.
- If you arrive early and class is on, please wait and remain quiet.
- If you arrive late, wait until the instructor welcomes you to join the class and advise the instructor if you need to leave early.
- No talking while the instructor is speaking and please refrain from talking loudly when drilling or training.
- Do not coach or instruct other students without the permission of an Academy instructor.
- Respect the tap and communicate clearly. Be aware of when your partner is telling you to stop.
- Do not ask to be promoted, ranked, or graded.
- Do not use Academy mats or equipment without permission.
- No phones or electronic devices on the mat unless given permission by your instructor.
- No photography or videos to be made without express permission from academy staff.

Serious Offenses

Brazilian Jiu-Jitsu and combat sports in general can be great fun but it is important to remember that it involves techniques that have potential to cause serious injury if not applied with awareness and self-control.

Any intentional or reckless causing of injury or loss of self-control resulting in injury cannot be tolerated and will be cause for suspension or permanent expulsion from the academy.

Misuse of techniques inside or outside Academy will not be tolerated.

Hygiene

- No footwear on the mats. If your feet are dirty, please clean them with wipes provided.
- Always wear footwear when off the mats.
- No food or drink on the mat and training areas.
- No jewellery or watches to be worn during training.
- If you are sick or are experiencing any flu-like symptoms, or any form of skin infection, DO NOT come to class.
- Clean up after yourself. Bottles, tape etc must not be left in the academy.
- Always keep your uniform clean. A freshly laundered uniform must be worn for every class. The bag which transports your uniform must be cleaned regularly.
- Keep your body clean at all times. This includes fresh breath. We provide shower facilities at the academy. We recommend you shower immediately after class to reduce the chance of skin infections. You are also encouraged to shower before class if necessary.
- Keep your fingernails and toenails trimmed and clean.
- Long hair must be tied back or braided for training.
- Blood rule: If you are scratched during training, please clean and cover the wound before continuing to train. If you see any blood on the mats, please discontinue training and advise an academy staff member so it can be immediately cleaned and disinfected.