

10 RULES FOR A HEALTHY DOJO

1. If you're feeling sick please stay at home.

Don't infect your classmates. Rest, recuperate and come back stronger!

2. Personal hygiene is important.

Everyone appreciates a clean, fresh training partner.

3. Keep your fingernails and toenails short and groomed.

Avoid scratching your partners - It's annoying, painful and takes time to heal.

4. Tape up any cuts, cover any grazes.

Protect yourself from infection and prevent cuts from opening up.

5. Wash your hands before and after every dojo session.

Soap and hot water is best. However, hand sanitizer is the next best thing.

6. Always use footwear when visiting the toilet.

Socks don't count. Please remove belt/gi jacket and wear footwear when visiting the toilet.

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

Mats are expensive - let's not scuff or tear them. Shoes carry a multitude of germs on to the mat.

8. If you sweat a lot bring a towel.

A simple courtesy to all your training partners!

9. Remove or cover piercings or jewellery.

Avoid catching and injuring yourself or your partner. Also, avoid damaging your valuables.

10. Wash your Gi and any other training wear regularly.

Wipe down your mits/gloves, wash your gum shield!

