



1565 Lauzon Rd. Unit #2, Windsor, ON, N8S3N4 | 519-987-3482 | centralmma.com

## FACILITY GUIDELINES

### FACILITY ACCESS EVERYDAY FROM 5:00AM TO 10:00PM

- Bicycle parking is not permitted inside the facility.
- Keep the garage doors closed at all times.
- No guests or visitors allowed unless pre-approved.
- Only clean indoor shoes are to be worn in the training areas.
- No hard sparring or high-risk training while unsupervised.
- Never drop the weights or bring them onto the Jiu-Jitsu mats.
- Re-rack your weights and return equipment back to their correct places after use.
- Keep your shirt on at all times and undress only in the washrooms.
- Spray and wipe down mats and equipment after use.
- Spray and wipe bathroom surfaces after use.
- Rinse and spray showers after use. Mop up any puddles of water.
- Do not leave any water bottles, coffee cups, equipment or personal items.
- Turn off the lights and media devices before leaving.

### FAMILIARIZE YOURSELF WITH THESE FEATURES

- The same remote works for every TV.
- “Hey Google” or “Ok Google” voice commands.
- The facility is equipped with surveillance cameras.
- Temperature and humidity control are automated.
- The Front Lobby TV is equipped with a live feed of the front door camera.
- Check the Lost and Found for forgotten items. Items will be donated after 2 weeks.
- T-Shirts are \$20, Long-sleeves are \$25, Shorts are \$35, Pants are \$40, Hoodies are \$50.
- E-Transfers can be sent to [centralcombatsports@gmail.com](mailto:centralcombatsports@gmail.com)

**IMPORTANT:** Always behave responsibly while using our facility. Failure to meet any of these guidelines may result in the temporary or permanent revocation of your access key, without notice, for the duration of your membership.