



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

GENERAL GUIDELINES

- Members only. Spectators and guests are not allowed at this time.
- Do not come to the gym if you have any cold or flu symptoms or a contagious skin infection.
- If attending an evening class, wait until the previous class is dismissed before entering the gym.
- Remove your shoes and place them on the rack. Hang your coat on the hooks in the lobby.
- Show up for class on time and treat other people and their property with respect.
- Never come to the gym while under the influence of drugs or alcohol.
- Always refer to the instructors as "Coach" while you are in the gym.
- Please do not leave any plastic water bottles or paper coffee cups.
- Always wear a club T-shirt while attending classes.
- No phones on the mats during classes.

LOCKER ROOM AND WASHROOMS

- Place your gear bag in a locker, not on the floor or sofa.
- Please do not leave any personal items such as gear, clothing or body-care products.
- Keep your shirt on at all times. Undress or change your clothes only in the washrooms.
- Rinse and spray the shower after use. Please mop up any puddles of water on the floor.
- Lost items will be placed in the Lost & Found. Unclaimed items will be donated after 2 weeks.

TRAINING

- Pace yourself and drink plenty of fluids.
- Wearing a mouthguard and groin protector is recommended.
- Stay focused, and always remember the goal of training is to learn.
- Dress appropriately for martial arts training. No jeans, hats or tank-tops.
- Make sure you and your clothes are clean and free from unpleasant odours.
- Remove all jewelry and make sure your fingernails and toenails are cut short.
- Listen carefully and quietly to the coaches when they are explaining something.
- No outdoor shoes on the mats, only clean wrestling or boxing shoes are permitted.
- Avoid trying to coach your training partner; signal to the instructor when help is needed.
- When drilling with submission holds, always physically or verbally tap to indicate you are uncomfortable before you feel any pain. Tapping lets your training partner know that they need to stop applying pressure and release their submission hold. Tapping does not mean you are weak; it means that you would like to stay healthy and continue your training.