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## HYGIENE GUIDELINES

Martial arts are an expression of self-discipline, which begins with the practice of good personal hygiene. Good hygiene practices are essential not only for your own health but also for the well-being of your training partners. By following these guidelines, you can help maintain a clean and safe environment for everyone within our martial arts community.

**Personal Hygiene:** Maintain good personal hygiene by showering regularly, using antiperspirant or deodorant, and freshening your breath before training. Cleanliness is not only crucial to prevent the spread of harmful viruses and bacteria, but it is also common courtesy. Arriving to the gym with poor hygiene not only demonstrates poor self-discipline, but it also demonstrates a fundamental lack of consideration for your coaches and training partners.

**Clean Clothes and Training Equipment:** Ensure your training clothes and equipment are clean and fresh before every training session. Wash them after each use to eliminate sweat, bacteria, and to prevent the buildup of unpleasant odors. Do not wear a tank top to BJJ class, and avoid wearing anything with zippers that could potentially scratch your training partners.

**Trimmed Nails and No Jewelry:** Keep your nails trimmed short. Long nails cause accidental scratches to your training partners, and can compromise their training time. Always remove any jewelry such as rings, necklaces, bracelets and earring before training.

**Skin Care:** Take care of your skin to prevent infections such as ringworm and staph. Invest in good quality rashguards to protect your skin during training. Shower immediately after training. Use an antimicrobial soap or cleanser to thoroughly clean your body from head to toe. Change your bath towel and bedsheets regularly. Use a full-length mirror to regularly inspect your skin for any unusual rashes or lesions. If you find something red and itchy, don't scratch it, see a doctor.

**Cover Open Wounds:** If you have any open cuts, cover them securely with a clean bandage or dressing. Always bring any required supplies with you to training. Please do not exhaust the gym's emergency supplies for your regular training needs.

**Personal Towels:** Bring your own clean towel to wipe down during training or for showering thereafter. Avoid sharing towels with others to prevent the spread of infections.

**Stay Home When Sick:** If you're feeling unwell, have a contagious illness, or have any skin infections, it's important to stay home and avoid training until you have fully recovered. This helps protect the health of your training partners and prevents the spread of infections.