



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

STUDENT GUIDELINES

TRAINING

- No phones on the mats during classes.
- Do not coach your training partner, ask the instructor for help.
- Always refer to the instructors as "Coach" while you are in the gym.
- Dress appropriately for martial arts training. No jeans, hats or tank-tops.
- Do not come to the gym if you are sick or have a contagious skin infection.
- 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 in the training areas, only clean wrestling or boxing shoes on the mats.
- Tap physically or verbally as soon as you feel uncomfortable. Tapping keeps everyone safe.

LOCKER ROOM AND WASHROOMS

- Place your gear bag in a locker.
- Please do not leave any plastic water bottles or coffee cups.
- 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 washroom.
- Rinse and spray the shower after use. Please mop up any puddles of water on the floor.
- Check the Lost and Found for forgotten items. Items will be donated after 2 weeks.

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

- Keep the garage doors closed at all times.
- Bicycle parking is not permitted inside the facility.
- No guests or spectators allowed unless pre-approved.
- 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 after use.
- Spray and wipe down mats and equipment after use.
- "Hey Google" or "Ok Google" voice commands to play music.
- Please turn off the lights and media devices before leaving.
- The facility is equipped with surveillance cameras.
- Temperature and humidity control are automated. Do not touch the thermostats.
- Not following the facility guidelines will result in the revocation of your access key.