

# Etiquette to keep you safe and happy

(If you stink we will let you know)

- The shoes you walked in with must be removed at the entrance. Boxing shoes, wrestling shoes, bare feet or stocking feet only in the studio.
- We have disinfectant spray and a utility sink if you only have outdoor shoes.
- Keep hair securely held back from face....NO jewelry or barrettes.
- Fingernails and toenails must be clipped
- Aerial and grappling clothing must have no snaps, hooks, or zippers.
- If you are dirty or sweaty from a day of work you need to take a bath before coming to the gym...mandatory before grappling.
- Wear clothing that covers your body for grappling and going upside down. Shorts and leggings to go above the hips and below the thigh. (Rash guard, long sleeve t-shirts, leggings, board shorts etc. Take your workout clothes, kneepads, etc home each day and wash. Walk into the gym in clean workout attire.
- If you sweat a lot, bring lots of changes of clothing.
- Get your own sparring equipment. Headgear, sparring gloves, bag gloves, mouthpiece, groin protector. Ringside quality or better.
- Always take your equipment home and air-dry it. Insert a disinfectant wipe into each glove and allow to dry. Wash wraps after each use. (not with your whites)
- Clean mouthpiece after each use with your toothbrush
- If you are grappling it is kind to brush your teeth or chew gum prior.
- Drink lots of water.
- Drink only from your own water bottle.
- If you must spit...spit into a lined garbage container (not the gym entrance)
- If you are late for your work out – take time to warm up.
- Spar only under the supervision of a certified coach.
- Remove the shoes you have on your feet when you walk in the door.
- Only boxing shoes, wrestling shoes, bare feet, or clean indoor workout shoes brought in your workout bag are allowed past the entrance area.
- Do not bleed on others. Do not bleed on the equipment.
- Throw-up in the bucket or toilette. Clean up after yourself.
- Don't be a "coach-hog"
- Don't be a "bully"
- Don't be a "wimp"
- Don't confuse "stupid" with "tough"
- Communicate if a workout is too difficult,
- Communicate if the level of sparring or rolling is too intense.
- Don't be "lazy"
- Don't be a "quitter"

**Parking: After 5:30 class members may park in the ICP parking lot to the right of the dumpster. Team members are to park on Spruce and Cedar streets. Just walk up Barry Ave. Other parking lots in the area are private parking for area businesses and apartments.**