

Academy rules and etiquette

- No outdoor footwear within gym (upon entry, please wear gym-only flip-flops), no shoes on mat, no bare feet anywhere else within academy.
- No single use plastics. Please have sports bottle, or use water fountain. Bottles must be placed in designated area during class, and must never be left on floor/mat. Water should not be consumed on the mat.
- Rashguards must be worn under gis at all times, and cover whole torso.
- Clean uniforms must be worn for every session. Gi's should be washed after each use.
- All jewellery/piercings must be removed or taped.
- Students will not be permitted to take part in a class if their attire has zips on it.
- Leave phones in bags for duration of the class.
- To minimise the risk of skin issues, please shower as soon as possible after training.
- Gi's must display club logo.
- Upon arrival, shake hands with everyone who is already present.
- Arrive on time for class.
- During line-up at the end of class, please line-up in rank order, and make sure gi and belt are tied and well presented.
- Once the class has started, please remain present on the mat for the duration of the class.
- Shake hands before and after every roll/drill.
- Always prioritise safety and technical improvements above everything else during training. There is absolutely no such thing as winning during rolling. Putting yourself or your training partners in danger for the sake of ego will result in loss of membership.
- Enter the academy with a positive attitude, make an effort to build friendships, and always strive to cultivate a welcoming environment for everyone around you.

Our aim is to create a home for everyone to feel proud of. Please ensure you are helping to create this by following the rules and etiquette at all times, and treating your team, and the academy itself, with the respect that is deserved.