



Code of Conduct & Class Etiquette for ADULTS and MINORS

Hygiene, Cleanliness, and Safety Policy

At New Life Brazilian Jiu-Jitsu Academy, maintaining a clean, safe, and professional training environment is a top priority. Good hygiene protects our students, families, and instructors from preventable infections and keeps our mats and uniforms in excellent condition. Every student and parent is expected to understand and follow the guidelines below.

1. Personal Hygiene Standards

- **Clean Body Before Training**

Students must arrive for every class freshly showered and wearing clean clothes. If you work, attend school, or sweat throughout the day, you must shower before class. This helps prevent the spread of bacteria, viruses, and fungi that can cause conditions like staph infections or ringworm.

- **Clean Hands and Feet**

Hands and feet must be washed before stepping on the mat. Wipes are provided at the dojo for this purpose. Dirty feet will be checked and must be cleaned before training begins. Under fingernails and toenails must also be free of dirt and debris.

- **Nail Maintenance**

Fingernails and toenails must be trimmed short to prevent accidental scratches and cuts to training partners. Any cuts or open wounds must be covered securely before class.

- **Hair and Jewelry**

Students with long hair must tie it up neatly and securely.

No jewelry of any kind is allowed during training – this includes earrings, necklaces, bracelets, rings, anklets, watches, and piercings. Jewelry can cause injury or damage uniforms and mats.

2. Uniform (Gi) and Gear Cleanliness

- **Clean Gi for Every Class**

All Gi's must be washed after every training session. A Gi that has not been washed after use will not be permitted on the mat. Training gear that smells, appears dirty, or has visible stains is considered unsanitary.

- **Stains and Uniform Condition**

Uniform stains from sweat, dirt, or oils are signs of improper hygiene or laundering. Maintaining a clean Gi is the student's responsibility and a reflection of personal discipline and respect for teammates.

- **Rash Guard and Undershirt Policy**

Only academy-approved rash guards are permitted.

If a student does not yet have an official New Life BJJ rash guard:

- **Girls** may wear a plain white or black undershirt beneath their Gi.
- **Boys** are **not allowed** to wear any undershirt unless it is the official academy rash guard.

This maintains consistency, professionalism, and uniformity across all students.

- **No Outside Gis or Rash Guards**

Only approved academy uniforms are permitted. This ensures cleanliness, consistency, and safety across all students.

3. Mat and Facility Cleanliness

- **Foot Check and Wipes Station**

Every student must use the designated cleaning station before stepping on the mats. This includes wiping or washing feet if they are dirty from shoes, socks, or walking outside.

- **No Footwear or Food on the Mats**

Footwear is strictly prohibited in the training area. Eating or drinking on the mats is not allowed to prevent stains and contamination.

4. Health and Safety

- **Infections and Skin Conditions**

Students with visible rashes, open wounds, or contagious skin conditions (such as ringworm, staph, or impetigo) are **not allowed to train** until fully cleared by a medical professional. Returning too soon after infection risks the health of others and the cleanliness of our academy.

- **Respect for Others**

Maintaining good hygiene shows respect for training partners. Each person is responsible for doing their part to keep our academy safe, clean, and welcoming.

5. Acknowledgment and Agreement

By participating in classes at New Life Brazilian Jiu-Jitsu Academy, all students and parents acknowledge that they have read, understood, and agree to follow this policy.

Failure to comply with these standards may result in being asked to sit out or, in repeated cases, suspension from training until compliance is met.

Acknowledgment:

I have read and understand the New Life Brazilian Jiu-Jitsu Academy Hygiene, Cleanliness, and Safety Policy. I agree to follow all guidelines and ensure my child (if applicable) does the same to maintain a safe and healthy training environment.