

SASSOM MMA

GYM RULES

HYGIENE

FOOTWEAR:

- Some sort of footwear **MUST** be worn to the gym, arriving barefoot is unacceptable.
- Footwear must be removed before stepping into the training room.
- When using the bathroom or showers footwear must be worn at all times.
- Do not wear wrestling shoes outside of the training area.

UNIFORM:

- Your training gear should always be washed, clean, and free of odour.
- If you are doing multiple session you must change into clean apparel between each session.
- Wash your belt. Belts should be washed at least once a week.
- A rash guard or snug T-shirt must be worn under the Gi, for both male and female.

TRAINING GEAR:

- After your 7-day free trial you must have your own training gear.
- Its hard to wash striking gear, but these must also be kept clean. Use deodorising pouches, disinfectant sprays/wipes or Glen-20 on all items.

Bacteria builds up on your training gear and uniforms. A sign of bacteria is the presence of an odour, we need to eliminate bacteria and the odour.

PERSONAL:

- Avoid coming to the gym straight from work or other activities if you are dirty. If this cannot be avoided shower prior to training, we have showers at the gym for your convenience.
- If you are feeling unwell, are currently sick or have a communicable health condition, please **STAY AWAY** and if needed see a medical professional.
- You don't need to smell like a million bucks but make sure you don't stink, odour is unpleasant for training partners.
- If you get scratched or cut while training. Leave the training area until the bleeding stops, cover it with a bandaid and sports tape. Please inform the instructor if you have gotten blood anywhere as there is a blood spill policy that must be compiled with.
- Remove all makeup before training.
- Don't leave a mess. If you spill supplements, water or have belongings lying around; clean up after yourself.
- All bandaids must be strapped with sports tape, if they fall off during training put them in the bin and recover any wounds.
- With the exception of water, no food or drink in the training area during normal training times.

SAFETY & RESPECT

UNIFORM:

- Training gear shouldn't have pockets, zippers, rips or any other hard/sharp objects.
- Pockets and rips can be sewn closed.
- Ensure your wrestling shoes are laced up securely, and loose laces taped.
- Spats are not to be worn on their own, shorts must be worn over them. Long fights shorts must be worn for BJJ, MMA and wrestling, Thai shorts are only for Thai.

PERSONAL:

- All jewellery should be removed before training, if something cannot be removed cover it with sports tape.
- Keep finger and toe nails short and clean.
- Long hair must be tied up.

TRAINING:

- Greet and say goodbye to your coaches/instructors and training partners.
- If you require your phone to be in the training area please speak to one of the instructors.
- Set an example, you're never too good to warm up, drill or do class no matter your level of experience. Experienced people should be helping the less experienced.
- **BE ON TIME**, don't rock up in the middle of class and expect to be taught what has already been done. But we understand the unexpected happens, if this does occur please speak to the instructor taking the class to make sure its okay to join in.
- Be respectful to the instructor, please don't talk, ignore or interrupt while your instructor is teaching. If you have a question please put your hand up or wait till they ask for any questions.
- We encourage helping one another learn and develop but not while the instructor is teaching.
- Be cooperative during drilling and technique. You need to work together and let your partner do the technique so they can learn. Resistance may be added at the coaches instruction.
- Poor language, ill willed intentions or physical outbursts towards coaches, training partners, or spectators is unacceptable.
- High five fist pump or touch gloves to indicate the start of the roll or sparring round.
- Tap or stop if something hurts. Theres no shame in tapping.
- Respect the Tap, if your partner is tapping let go straight away. If you are applying a submission give your partner the chance to Tap.
- Keep it honest, be true to what you say. If you ask for a "slow/flow roll" or "a light spar" keep to your word. If you want a competitive roll/spar or to use advance techniques, say so up front. Be respectful and mindful of your partner, take into consideration their abilities.
- Remember we are a team, help one another and look after each other. Your full power should not be applied through your techniques wether it be striking, jiujitsu or wrestling. There is no need to rip on submissions.
- Parent/s, please do not coach your kids from the side line. Give encouragement if needed but allow the child to be creative, use their mind and work things out for themselves.