

**ACADEMY & TRAINING POLICIES**

**Hygiene & Uniform**

* No shoes on the mat.
* Always wear shoes when OFF the mat, especially in restroom.
* Do not train when feeling sick.
* Practice good personal hygiene.
* Make sure your complete attire is clean.
* Make sure your nails are short, check weekly.
* All BJJ gis must have a Silanoe Martial Arts academy patch. No other team patches are allowed.
* *BJJ ADULTS*: must wear rash guard or t-shirt under gi.
* *BJJ KIDS:* gi colors allowed are white, black & royal blue only.
* *BJJ KIDS:* must wear a rash guard under gi.
* *BJJ KIDS:* must have their name or initials written on belt with permanent marker.
* *MUAY THAI KIDS:* must wear academy shorts & academy t-shirt or rash guard.

**Respect**

* Address black belts as Professor and all other teachers & assistants as Coach.
* Ask the Professor/Coach for permission before stepping on the mat & if you have to go to the restroom or have to leave early.
* When stepping on the mat greet Professor/Coach first.
* Wear your attire properly, tie your belt correctly while facing the wall.
* Respect belt hierarchy, make space if needed. Don’t ask a higher belt to roll.
* No foul language.
* Practice proper posture and refrain from talking when the instructor is demonstrating a technique. Also, position yourself so you can see the relevant details.
* Don’t discuss practice outside of the mat.
* Attire needs to be worn at all times while class is in session.
* Show up on time- *\*\*KIDS CLASS*: please do not show up more than 10 mins before class starts.
* NO sideline coaching. Please refrain from coaching your child from the sidelines, our coaches & assistants know how to properly instruct your child during class and this will help minimize any confusion for them. We would also like to ask you to keep your social conversations down to a minimum as it can be distracting to the students on the mat & difficult for our instructors to talk over.
* NO playing on the back mat- if the back mat is not in use, you may sit on it quietly or stretch while waiting for your class. *\*\*PARENTS*: please do not allow your child(ren) to run around and play on the back mat, as it will cause a distraction to the current class that is in session.

**Training**

* Do not coach or instruct unless specifically asked to by the Professor/Coach.
* Be careful with your training partner, tap on time and apply submissions carefully.
* Be familiar with the Jiu-Jitsu rule set.
* Don’t celebrate or cheer when submitting an opponent or training partner.
* Must remove all metal objects, jewelry etc.
* All students must have a mouth guard in order to participate in sparring.
* *\*\*KIDS CLASS*- before class: get your attendance card (BJJ only) & then sit on the mat quietly and wait for the teacher to start class

**Equipment Rental**

* Students may borrow a gi uniform & other equipment during their free trial period only. If you need to borrow equipment outside of the free trial period, a rental fee will apply.