

Iron Trinity Martial Arts Student Policy

Welcome to Iron Trinity Martial Arts! To ensure a safe, respectful, and productive environment for everyone, we have established the following student policies. All students are expected to adhere to these guidelines:

Good Hygiene Standards

1. **Personal Cleanliness:** Students must maintain good personal hygiene. This includes regular bathing and keeping nails trimmed to prevent injury to yourself and others.
2. **Clean Uniforms:** Gis and any other training attire must be clean and free from offensive odors. Uniforms should be washed after each class.
3. **Foot Hygiene:** Feet should be clean before stepping onto the mats. Footwear is not allowed on the mats, so please ensure your feet are clean to avoid spreading infections.

Respectful Behavior

1. **Towards Instructors:** Always show respect to your instructors. Listen attentively, follow instructions, and respond politely.
2. **Towards Fellow Students:** Show respect to your training partners. This includes avoiding rough or overly aggressive behavior and ensuring that everyone has a safe and enjoyable training experience.
3. **Language:** Offensive language, including excessive swearing or derogatory remarks, is prohibited. We foster a positive and supportive atmosphere for all.

Training Preparedness

1. **Proper Equipment:** Students must come to class with the appropriate training gear. This includes a properly fitted gi, belt, and any other necessary protective equipment (e.g., mouthguard, rash guard, etc.).
2. **Ready to Train:** Arrive on time and be mentally and physically prepared for training. This means being focused, well-rested, and having eaten sufficiently to sustain energy throughout the class.
3. **Health and Safety:** Inform your instructor of any injuries or health issues that may affect your training. Do not train if you are sick or have an infectious condition.

Additional Guidelines

1. **Punctuality:** Arrive on time for classes. If you are late, wait for the instructor's permission before joining the class.
2. **Mat Etiquette:** Bow when entering and leaving the mat area. Respect the mat space and keep it clean.
3. **Personal Belongings:** Keep your personal belongings in designated areas. Iron Trinity is not responsible for lost or stolen items.

By adhering to these policies, you contribute to a positive training environment that benefits everyone at Iron Trinity Martial Arts. Thank you for your cooperation and dedication to maintaining our high standards.

Signature

Printed Name

Date