

## Delaware Self-Defense Academy

### Personal Hygiene and Cleanliness Policy

Jiu-Jitsu is very personal Martial Art that requires a great deal of physical contact. This personal contact can sometimes create awkward and sometimes offensive situations. The policies below are in place to provide an environment where every student feels safe, clean and free of having to explain to another student why he/she does not want to train with them.

1. Shower before coming to class if you work in an industry where you get dirty or sweaty on your job.
2. If you naturally sweat a lot and/or produce excessive odor, please wear a deodorant.
3. Brush your teeth to help keep your breath tolerable.
4. If you have long hair, please keep it tied up.
5. Do not smoke before coming into the academy. If you do smoke, do not leave your uniform in an area where you smoke as it will smell like smoke.
6. Keep your fingernails and toenails clipped and filed short enough to ensure you don't cut your partners.
7. If you wear make-up, hair colors, hair products, etc. please understand that those products come off on other people and their uniforms. This is not only inconsiderate but unsafe.
8. Make sure your uniforms are clean, without stains or tears, and do not have an odor.
9. If you find an unusual mark on your skin, notify your instructor prior to attending class. He/she can help with what to do regarding training.
10. If you are sick, or have any contagious illness or skin condition notify your instructor and do not attend class until approved.
11. Shower as soon as possible after you train and look for any scratches, cuts, etc.
12. Wash your uniform after every use.