

Bury Defence Academy – Gym Rules

Covid-19

- If you are experiencing any Covid-19 type symptoms such as a continuous cough, high temperature or loss of smell or taste, please go straight home immediately and self-isolate for at least 7 days. Do not enter the gym.
- If you are living with someone who is experiencing Covid-19 symptoms, please go straight home and self-isolate. Do not enter the gym.
- Please use the hand sanitiser provided when entering and exiting the gym as well as the one-way system.

General Rules

- All members must sign in at reception before beginning any class
- Trim your nails.
- Don't train if you have a rash or skin infection.
- Cover up any cuts.
- Wash your GI / training kit after every session.
- Shower after your session.
- Please leave our toilets and showers in a good state when used.
- Use deodorant
- Avoid bad breath.
- No zips and No hoodies
- Wear clean clothing
- Modesty; Please be mindful of what clothing you wear.
- Mobile phones must be switched off or muted before class.
- No shoes on the canvas.
- No food, drink or chewing gum on the canvas.
- All metal objects, jewellery, piercing, necklaces and other items must be removed before class.
- All members must wear footwear whilst walking outside of the training mats.
- Please do not walk barefoot anywhere in the gym before entering the training mats.



Security

- Use lockers (ask for one at reception).
- Any items left unattended are at your own risk.

Code of Conduct

- Be polite and respectful to those around you (especially your instructor).
- Do not use excessive force in class, even when sparring. We are a team, injuries only mean one less training partner.
- Leave any attitude or ego at the door
- No foul Language
- Do not enter the building under the influence of intoxicants.
- No Bullying and intimidation of other attendees
- Please respect the Gym, our equipment, our Staff and our instructors at all times.
- If you are late for class, please sit by the side of the training area and wait for permission from the Instructor to join in the class.
- If you need to leave the mat or you must ask permission from the Instructor.