

FACILITY RULES

- All students/parents/visitors, please check in at the reception desk
- Parents, please accompany your child while on the premises
- Please bring plenty of water for training and leave soda, sugary drinks and candy outside
- While not on the mats during class, youth students and visitors may sit quietly in designated seating areas
- Youth students needing to change in/out of uniform may do so in the restroom
- Parents, please accompany small children to the restroom as they may need assistance
- All students/parents/visitors, please refrain from disruptive and destructive behavior
- All students/parents/visitors, please address or notify our staff of any messes or damaged property
- Take cell phone conversations outside

CONDUCT STANDARD / MAT ETIQUETTE

- Please arrive 10 minutes early to change and be ready to start on time. If you are on time, you are late...if you are early, you are on time.
- Cut-off times for late entries into a class is 10 minutes unless prior arrangements were made with the instructor.
- If you are late, wait on the edge of the mat until the instructor waves you into the class already in progress. Before class and after you have bowed on the mat, it is customary for students to greet and shake hands with the instructor and fellow teammates.
- Before class, please make sure your fingernails are trimmed short and remove all jewelry.
- If you need to leave early, let the instructor know before class starts.
- Leave your ego at the door. During classes and in training, be present and focused. Do not confuse having a friendly environment with an environment that is too casual. Come into our classes ready to learn and put in work to achieve positive results.
- Parents: Please refrain from coaching or correcting your child during class.
- Every instructor and student must keep their gi (uniform) clean and within regulations. This includes but is not limited to: no stinky, ripped or disheveled-looking gis, no mismatched colors, etc. We take pride in not only offering world class training, but also maintaining discipline and high standards for our image and brand.
- No recording of classes or training inside Vida Jiu-Jitsu unless otherwise approved.
- Please refrain from behavior or language that is disruptive, disrespectful or inappropriate.