

GENERAL GYM RULES

The understanding and following of our gym rules is very important at NexJen BJJ. We strive to provide a safe, clean and family friendly environment for our members, instructors and guests. We emphasize being excellent training partners and treating everyone in the gym with respect. Please review the following general gym rules for our facility. PARENTS/GUARDIANS SHOULD REVIEW THESE WITH THEIR MINOR CHILDREN WHO ARE ENROLLING IN MEMBERSHIP.

No shoes or sock feet on the mats.

No bare feet in the restrooms. Wear flip flops or slides into the restrooms.

No chewing gum, eating or drinking while on the mats .

Please arrive at least 10 minutes prior to the start of class. If you are late to class, wait for the instructor's acknowledgement before joining the class.

Come to class well groomed. Both you and your gi should be clean. Long hair should be secured and finger and toe nails trimmed. Jewelry and piercings should be removed if possible, and open cuts must be covered at all times.

Be mindful of your words. Profanity in the presence of children and guests is not allowed. Gi and clothing must not have any offensive language or imagery.

Do not try to intentionally harm your training partner. Fighting, abusive behavior or language or threats of harm are not allowed.

Report any injury to your instructor immediately. Do not train when sick. Bring any skin rashes to the instructor's attention.

Any form of tobacco use or vaping is not permitted inside or outside within 10 feet of the front of the gym.

Personal firearms should be left in your locked vehicle, or MUST be secured in a portable locking gun box or with a trigger lock and placed in the office when inside the gym. ABSOLUTELY NO EXCEPTIONS.

Violation of any of the rules noted above may result in suspension of training privileges or termination of membership. The decision to suspend or terminate membership for infractions is at the sole discretion of NexJen BJJ.