

## The Basics

At GRPL HAUS we aim to provide a culture and environment that allows members and their families to safely experience the many benefits of Jiu Jitsu, fitness, and community. To that end, we have developed policies and guidelines for your review. If you have any questions or concerns, please connect with a staff member at your earliest opportunity. If we don't know it's a problem, we can't help fix it.

## Footwear

Bare feet only on the Mat. Shoes at all times off the Mat

When attending class, you MUST have slip on shoes to ensure that you are able to enter and exit the mat space quickly and safely without touching bare feet to the floor.

Appropriate footwear includes: flip flops, sandals, Crocs, slides, slippers etc.

In snowy or rainy weather, we ask students to change from outside footwear to indoor footwear at the earliest opportunity.

## Attire

Proper attire must be worn at all times in the gym. Changing stalls are provided for your use.

These stalls are the only area where it is appropriate to dress, undress and change.

All uniforms and clothing worn into the gym should be free of offensive or inappropriate language and iconography.

## Uniform

We offer a pro shop with approved training apparel. Solid, single-tone, matching Black, White, Blue, Pink gi's with a rash guard (no t-shirts) are permitted during training, private lessons, openmats and seminars.

Your lapel must match your gi body without excessive differing in stitching. Seek guidance from staff for any questions or clarifications.

Rash guard with gi pants, shorts or compression pants under shorts are permitted for no-gi class. White belts are required to wear a ranked rash guard - to allow staff and upper belts to recognize and accommodate training restrictions and capabilities.

Any comfortable athletic clothes you can move in are permitted for yoga, strength training and adult+me classes. No zippers, buttons or shoes, please.

We understand that some members may prefer to train in a gi or rashguard that they already have. To create cohesion among our students, we require that patches from other associations be removed and recommend replacement with GRPL HAUS patches. If necessary, we offer a 2-month grace period for compliance. After that grace period, all gi's must follow our policy.

# Cleanliness and Sizing

For the safety and comfort of our members and their family, we require attire to be in working order, free of discoloration and stains and free of offensive odors. We will not allow a member or visitor to train in attire that has holes, rips, tears, offensive odors or are deemed to be unsanitary.

Anyone found in violation of these policies will be asked to fix violations BEFORE resuming training in that uniform. Gi's deemed to be unsanitary or unfit for use must be retired by students.

Gi's should meet size standards for Jiu Jitsu. We do not allow adults or children to train in a uniform that is too large or small for them. In the case of oversized uniforms the student is responsible for replacing or repairing uniforms to meet gym requirements. Undersize Gi's will need to be replaced.

# Hygiene

**HAIR-** should be clean. Long hair should be tied back or up.

**NAILS-** must be kept clean and short. Dirty nails, fingers, hands, toes or feet will not be tolerated. Extremely dry, cracked or discolored feet will require pedicure.

**SKIN-** must be clean and free of open sores, wounds, infection, and diseases at all times on the mat. Skin issues including ringworm, STAPH, warts etc must be medically cleared to resume training.

**GENERAL HYGIENE-** Preparation before class is critical - body odor, bad breath, dirty hair etc. will not be tolerated.

**ACCESSORIES-** are prohibited during training. Nose and Ear piercings may be acceptable if they are safe to the wearer and others but we encourage you to exercise caution. Piercings deemed unsafe for training will need to be removed.

**HEADWEAR-** No headwear of any kind is allowed. No hats, beanies, headbands, skullcaps or other head coverings are allowed during training. Religious headwear is allowed so long as it meets safety guidelines, i.e. no metal, zippers, holes etc. Religious headwear must meet sanitary guidelines for uniforms.

**SAFETY EQUIPMENT-** Soft wrestling headgear is allowed in training ONLY if a student has active ear damage, ie cauliflower or newly pierced ears. Once the ear issue is resolved the student will resume training without headgear. If you have an extenuating circumstance that requires headgear, please discuss it with your instructor for approved equipment. Mouth guards are highly encouraged but are not required. Knee or other braces must be soft. No metal or hard plastics.

## Tradition

At this gym, we bow to people, not pictures or objects. A bow is a sign of respect, greeting and appreciation. Bowing occurs at the beginning and end of class amongst students and instructors. We do not enforce bowing when entering and leaving the mats.

There are no restrictions on people requesting others to roll. We encourage lower belts to ask upper belts to roll and vice versa. Students reserve the right to accept or reject who they roll with without providing a reason.

We encourage students to arrive on time, but understand that traffic and other delays happen. If you arrive once class has commenced, please wait at the edge of the mat to be invited on during an appropriate break to ensure the safety of everyone and to minimize disruption.

## Promotion

Promotions are given at the discretion of our instructors. We encourage students to engage with our instructors to address questions around progress and next steps.

We encourage our students to set goals and if you are interested in working towards a belt promotion at a faster clip than is typical, we invite you to set a meeting with your coach to receive feedback and notes.

## Safety

We have a zero tolerance policy for abuse, intimidation, threats of physical violence, inappropriate, toxic and/or intimate behavior in the gym. There will be no warnings. If necessary, staff is required to call the police. Sexual and/or physical assault or abuse is never tolerated. Police will be involved.

## Theft

We expect our members to behave in accordance with our values at all times, this includes integrity. Theft will not be tolerated. We have cubbies that can be viewed from the mats at all times for use. We encourage members and visitors to keep valuables in their view, in their possession or at home. We are not liable for theft that occurs on the premises. We will involve the police and make every effort to help if theft occurs.

## Payments, Cancellations + Freezing

We offer two payment options - Once per month payment in full OR ½ of the base rate, paid every two weeks. We understand that some members may elect to freeze their membership for a period of time. Members will be billed \$20 for each time segment of up to one month. If you need to cancel your membership at any time for any reason, you are welcome to do so. We will immediately cancel any future payments. Payments that have already been processed will not be refunded. Instead, your membership will be good through the pre-paid period.

## **See Something, Say Something**

We appreciate member and family feedback. If you see something that you think requires a remedy, please bring it to our attention as soon as possible.

If you have any questions about this policy or any concerns, please be in touch with a member of our leadership team in person, by phone or by email, or leave a note in the suggestion box.

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