



# Gym Hygiene

**Gym Hygiene is important to protect the health of our members and to ensure an optimal experience for everyone. Below are some tips for good gym hygiene:**

- 1. Always wash your gi and rash guards after every class. Bacteria will breed off your sweaty clothes and though you may not smell it, your partners will!***
- 2. Show up to the gym showered and clean and shower as soon as you get home. Bacteria feeds off your sweat and begins to breed immediately. It is also important to reduce the risk of skin infections like ring-worm, Impetigo, and staph.***
- 3. Always wear slip-ons or shoes when not on the mat (including when coming in/out of the gym).***
- 4. Stay home if you are sick. Be a good partner and don't spread your sickness to others in the gym.***
- 5. Cover any wounds and consider staying home if they can't adequately be covered to prevent contact with other members.***
- 6. Please practice good oral hygiene before practice. Keep a toothbrush/toothpaste, mints, or mouthwash handy.***
- 7. Keep long hair pulled back into a ponytail or braid. Your hair is beautiful but nobody wants to taste it.***
- 8. Please keep your fingernails and toenails clipped. Long nails can cause serious injuries to your partner and yourself.***