

GYM HYGIENE RULES

CLEAN HABITS. STRONGER TEAM.

kleen.
CLEAN CARE FOR ACTIVE BODIES.



1. SHOES OFF THE MATS

Shoes must be removed before stepping on the mats. Wear shoes when off the mats.



6. SHOWER AFTER TRAINING

Shower and use clean personal care products as soon as possible after training.



2. CLEAN GEAR EVERY TIME

Wash your gi, rash guard, shorts and towel after every training session.



7. COVER & CHECK YOUR SKIN

Cover cuts and mat burns immediately. Check your skin regularly for any signs of infection.



3. TRIM NAILS

Keep your fingernails and toenails short and clean to protect your training partners.



8. REPORT & RESPECT

If you suspect you have a skin infection, inform your coach and stay off the mats until cleared.



4. STAY CLEAN, STAY FRESH

Use deodorant, brush your teeth and arrive to class clean and ready to train.



9. HELP KEEP OUR GYM CLEAN

Wipe down equipment after use and help keep our training space clean and safe for everyone.



5. USE A CLEAN TOWEL

Always use a clean towel on the mats. No towel, no training.



10. RESPECT EACH OTHER

Good hygiene shows respect for your teammates and our gym community.



**GOOD HYGIENE IS
GOOD JIU JITSU.**

We all play a part in keeping our gym a safe, clean and welcoming place to train.



RESOURCES & MORE INFO:
[KLEEN.HEALTH/RESOURCES](https://kleen.health/resources)



TOGETHER WE BUILD
A STRONGER COMMUNITY.