



MAT PROTOCOL

Hygiene and mat discipline are extremely important in Judo, so please follow these very important rules:

- No footwear in the Dojo – EVER. Please leave shoes outside the main door
- Use slip-on footwear provided to enter kitchen
- Be punctual - if late for a session, you MUST ask a coach before coming onto the mat
- Once training has commenced, you MUST ask a coach before stepping off the mat
- Bring a big enough water bottle to training so that you don't have to refill it during the session. Leave the bottle along the edge of the mat
- Take the water bottle away (home) after training or you may lose it
- Don't wear any jewellery of any kind onto the mat or any hair ties containing metal, plastic or other hard material
- Don't wear any guards (knee, ankle, etc) which contain metal, plastic or other hard material
- Have clean hands and feet and clean cut nails (no false nails)
- Children must not climb on or behind the crash mats or use any of the equipment without being supervised by one of the coaches
- Note that you may be prevented from training if not complying with the above basic requirements