

ALIBI BJJ ACADEMY

HEALTH, SAFETY, AND OPERATIONAL CODE OF CONDUCT

1. GENERAL HEALTH & SAFETY INFRASTRUCTURE

Alibi BJJ Academy prioritizes the physical well-being, safety, and security of all members, visitors, and coaching staff. Daily operations are governed by strict adherence to standard safety protocols.

- **Emergency Exits and Access:** All designated emergency exits at the front and rear of the facility must remain completely unobstructed, clear, and accessible at all times.
- **First Aid Provision:** A fully stocked first aid kit is permanently maintained in the designated equipment and safety area. Regular coaching staff hold valid, current certifications in first aid and emergency response.
- **Emergency Protocols:** In the event of an acute medical emergency or serious safety hazard, members must alert an instructor or staff member immediately. For critical incidents requiring external medical intervention, emergency services must be contacted directly via 999.
- **Personal Accountability:** Martial arts training carries inherent physical risks. Members are required to train responsibly within their physiological limits and actively seek technical guidance from a qualified coach whenever uncertain.

2. PROFESSIONAL CODE OF CONDUCT

To preserve a focused environment dedicated to athletic progression and technical excellence, all individuals on the premises must adhere to the highest standards of behavioral professionalism.

- **Mutual Respect:** Absolute interpersonal respect is mandatory. Members must treat all instructors, support staff, visitors, and fellow practitioners with dignity and courtesy at all times.
- **Zero-Tolerance Policy:** Physical bullying, verbal intimidation, aggressive behavior, or any form of unsafe conduct on or off the mats will result in immediate disciplinary review.
- **Instructional Authority:** Members must strictly follow all coaching directives, safety commands, and operational instructions during classes, live sparring, and open mat sessions.
- **Substance Prohibition:** The possession, consumption, or influence of alcohol, illicit drugs, or any banned performance-enhancing substances is strictly prohibited within the facility grounds.

3. MAT HYGIENE & PHYSIOLOGICAL STANDARDS

Due to the close-contact nature of Brazilian Jiu-Jitsu, strict adherence to sanitation and personal hygiene is non-negotiable to protect the collective health of the training community.

- **Training Attire and Gear:** Members must wear clean, freshly laundered training uniforms (Gis) and appropriate, well-maintained rash guards/spats for every session. All personal protective equipment must be thoroughly sanitized.
- **Sanitation Practices:** Hands and feet must be washed or thoroughly sanitized immediately before stepping onto the mats and directly after training concludes.
- **Equipment Care:** To maintain a clean facility, members are expected to utilize personal towels and assist in wiping down auxiliary equipment or designated training areas after use.
- **Infection Control:** Individuals suffering from viral infections, respiratory illnesses, or transmissible skin conditions (e.g., ringworm, staph, or unhealed lacerations) are strictly prohibited from training until fully cleared by a medical professional.
- **Injury Prevention:** Finger and toe nails must be kept short, clean, and smoothly trimmed. All jewelry, piercings, and hard hair accessories must be completely removed prior to stepping onto the mats.
- **Property Security:** Personal items, bags, and footwear must be stored neatly in the designated storage zones, keeping the main floor and mat perimeters entirely clear.

4. SPARRING, CONTACT TRAINING & SAFEGUARDING

Live sparring and partner drills must be conducted with technical precision, emotional control, and an absolute commitment to mutual physical preservation.

- **Mandatory Protective Gear:** Appropriate protective equipment—including mouthguards, groin guards, and safety gear—must be worn during sparring or specialized training sessions where required.
- **Controlled Mechanics:** Training execution must prioritize technical control, precise movement, and the safety of the training partner over competitive dominance.
- **Immediate Cessation:** Practitioners must stop all physical activity immediately if a partner signals a submission (taps out), verbalizes distress, or displays signs of physical injury or disorientation.
- **Safety & Size Matchmaking Rule:** For strict safety and youth safeguarding reasons, children and adult practitioners will not be mixed during live sparring, combat training, or high-intensity drilling unless they share a highly comparable physical size. This ensures complete physiological protection for all participants.

5. FACILITY OPERATIONS & ADMINISTRATIVE PROCEDURES

The academy operates as a structured, professional training facility focused entirely on martial arts education, discipline, and personal growth.

- **Attendance and Pick-Up Rules:** The facility functions strictly as an athletic training environment, not a social lounge or a childcare service. Parents and guardians must ensure that children are picked up immediately following the conclusion of their scheduled training sessions.
- **Formal Reporting & Feedback:** If a member observes an unsafe condition, a hygiene violation, or any matter requiring managerial attention, it must be reported immediately to a coach or via formal administrative channels.
- **Official Communication Paper Trail:** To maintain professional documentation and legal clarity, all official feedback, administrative requests, operational complaints, and safeguarding matters must be processed exclusively through formal, written email channels rather than informal messaging applications.

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