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# Hygiene Requirements

London Fight Academy

Applies to all members, guests and trial attendees



## 1. Purpose

We share mats and train in close contact, so good hygiene protects everyone from skin infections, illness and unpleasant training conditions. These requirements apply to every session, whatever your experience level.

## 2. Personal Hygiene and Footwear

- Shower or wash before training if you have come from work or other exercise, and apply deodorant. Avoid strong perfumes or colognes.
- Fingernails and toenails must be **short and clean** to prevent scratches and cuts.
- Long hair must be tied back securely with soft ties.
- No shoes on the mats. Wear clean sliders or shoes off the mats, including to the toilets, and never walk barefoot outdoors or to the toilet and then onto the mats.

## 3. Training Kit

- Training kit must be **clean and freshly laundered** for every session. Do not re-wear unwashed kit.
- Mouthguards should be clean and stored in a case.
- Shin guards, gloves and other protective equipment must be washed or wiped down regularly.

## 4. Cuts, Wounds and Skin Conditions

- Cover cuts, grazes and open wounds fully with a waterproof dressing before training.
- Members with a suspected skin infection (ringworm, impetigo, staph, etc.) must **not train** until cleared by a medical professional.

## Acknowledgement

By training at London Fight Academy, you confirm that you have read, understood and agree to follow this Hygiene Requirements. This document may be updated from time to time; the latest version is available at reception.