
Dress Code Policy

London Fight Academy

Applies to all members, guests and trial attendees



1. Purpose

Our dress code exists for three reasons: **safety** (clothing that catches fingers and toes, or hard fittings that can cut or bruise, put training partners at risk), **hygiene** (we share mats and close-contact training), and **equipment protection** (zips, studs and rivets damage mats, gloves and training gear). Following these rules keeps everyone training safely. Coaches may refuse entry to a session to anyone not meeting the standard.

2. Approved Training Attire

Category	Requirement
Shorts (all classes)	Pocketless shorts with no zips, buttons, snaps, rivets or metal fittings. Fight shorts, grappling shorts or plain athletic shorts with an elasticated or drawstring waist. Drawstrings must be tucked in or tied short. Shorts must be an appropriate length and fit securely.
Tops	T-shirt, rash guard or fitted athletic top in good condition. Tops must be free of zips, buttons, hard prints, studs or sharp embellishments. No loose tops that can easily be grabbed or torn.
Leggings / spats	Permitted under shorts or on their own if pocketless and zip-free. Must be opaque.

3. Prohibited Items

The following must not be worn on the mats or in the training area:

- **Zips** of any kind, including zipped pockets, zipped hoodies and zipped trousers.
- **Pockets** of any kind on training shorts or trousers (fingers and toes can catch).
- **Jeans, cargo shorts, chinos** and other everyday clothing not designed for training.
- **Jewellery** of any kind, including rings, necklaces, bracelets, watches, earrings and facial piercings. All jewellery must be removed before training; taping jewellery is not permitted.
- **Hard hair accessories** such as metal clips, claw clips and hard hair ties. Soft hair ties only.
- **Offensive clothing:** garments with offensive, discriminatory or inappropriate slogans or imagery.

4. Footwear

- **No shoes on the mats.** Footwear is removed at the mat edge.
- Wear clean sliders, flip-flops or shoes when off the mats, including to the toilets and outside. Never walk barefoot to the toilet or outdoors and then onto the mats.
- Wrestling shoes or boxing boots may be used in striking or wrestling classes only if clean and worn exclusively indoors.

5. Medical and Religious Exemptions

We want training to be accessible to everyone. If you have a medical, religious or cultural reason for needing to adapt this policy (for example, modest or full-coverage clothing, a hijab or a medical device), please speak privately with a coach or the gym manager. Reasonable adjustments will be made where they can be made safely. Items such as hijabs should be fitted securely and made of non-hard, non-pinned materials.

6. Acknowledgement

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