



## Safety Rules

- No “Horseplay” or unauthorized training at any time
- Start slow, get faster as you progress
- No jewelry or watches permitted while training
- Keep the training area clear of all objects while training
- Advise the instructor immediately of any new injury
- No weapons permitted in the training area, kids or parents
- Do not overexert yourself, go at your own pace
- Do not distract others
- If you have a question, raise your hand to get an instructors attention

## Dress Code

- Wear comfortable, athletic clothing (jeans are permitted)
- No dresses or skirts
- No open toed shoes

I, the undersigned, have read the safety precautions and they have been explained to me. I understand their intent and meaning, and I agree to adhere to these rules.

Parent signature \_\_\_\_\_ Date \_\_\_\_\_

Student name \_\_\_\_\_

Instructor \_\_\_\_\_