

Sparring Safety Protocols

Signed Waiver

All participants are required to review and sign our waiver prior to any training. Those under 18 must have a parent/legal guardian present to read and sign the agreement on your behalf.

Health & Injuries

If you have any health concerns or injuries, always consult with your doctor/physician for advice on participating in training during and after experiencing an injury.

Technique

Focus on the correct form and technique rather than speed and force. Always spar in a controlled manner.

Awareness

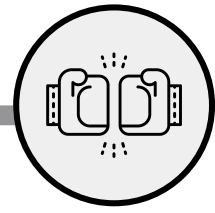
Be cautious, respect your space and theirs while training and rolling.

Understanding the Tap

Tapping out is how you communicate to your opponent that you are submitting to their attack and/or cannot proceed anymore. You can tap out physically or verbally. When your partner taps out you should release your submission attack immediately and safely.

When In Doubt, Tap Out

Tap early and often. Anytime you are in a position that you feel pressure on a body part or if you are in a position that you are confused about or do not understand, tap. You can ask questions when the round is over but in the moment always tap. Tap early to prevent injuries.



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Hygiene

Wash yourself regularly. Clean and sanitize your gear and equipment regularly.

Grooming

Do not spar with any open wounds. Trim/file finger & toe nails to prevent cuts. Clean and wash finger & toe nails. Clean & wash your hair. Have hair tied back if applicable. Wear tight fitting clothing with no pockets.

Gear

If you wish to spar, all items are mandatory unless specified. a. Head gear b. Mouthpiece c. Boxing gloves d. Shin guards (if kickboxing) e. Groin protector (if kickboxing)

Respect

We all have a competitive nature but you please check your ego at the door and recognize that we are here to learn and train.

Safety

The point of sparring is to apply what you learned in a class in a safe, controlled environment with a resisting partner/opponent. Sparring doesn't mean going full force. Sparring is a process of self-learning and discovering what one is capable of. It's not about who can be more dominating in a round but trying to work on your offensive and defensive techniques.

Concussion Awareness

Recognize the signs and symptoms of a concussion. Report any incidences immediately.