

## MyWarriorWithin Rules of Conduct

Students must train with respect and consideration for other students. All students (male and female, young and older, the athletically gifted and the not-so-gifted) must make efforts to actively share, cooperate and remain considerate of other students (and guests) at all times. \_\_\_\_\_

**SEXUAL HARRASSMENT/ ASSAULT WILL NOT BE TOLERATED!** Sexual Harassment creates a hostile and counter-productive environment. Sexual Harassment is a form of sexual discrimination in any professional or social environment and consists of, but not limited to, hostile and annoying gestures and comments that are sexual in nature that is intended to annoy and molest others of the same or opposite sex that **DO NOT** involve touching (however some criminal laws make such acts a crime). It is reminded to students that some techniques require person-to-person contact. However, it is upon the individual student to inform an instructor their desire to refrain from performing certain techniques if they are uncomfortable with any proximity or contact level with another person. Those who are experiencing sexual harassment are to **IMMEDIATELY REPORT** the incident to any instructor and law enforcement if necessary (as law dictates). Those students who conduct any sexual harassment will be terminated from class and subject to any civil/ criminal actions from those stating to be victims. \_\_\_\_\_

Sexual Assault involves the unwanted and criminal touching of another that is sexual in nature to annoy or molest another for self-gratification. It is reminded to students that some techniques require person-to-person contact. However, it is upon the individual student to inform an instructor their desire to refrain from performing certain techniques if they are uncomfortable with any proximity or contact level with another person. However, if a student believes they are a victim of sexual assault, they are expected to make the appropriate report to law enforcement immediately and notify an instructor. Those students who commit any sexual assault will be terminated from the class immediately and subject to any civil/ criminal actions from those stating to be victims. \_\_\_\_\_

Student must acknowledge and remain cognizant of the importance of physical and biological safety. They must conduct themselves in a manner that produces a safe, friendly and bio-hazard free environment. If a student has cuts or wounds on their body, they must cover them before class, or not participate to avoid contaminating others. If the bandages (such as Band-Aids®) come off during class, pick them up, put them in the trash receptacle and place a clean bandage on the affected area. Clean up any blood with a bleach and water solution. \_\_\_\_\_

When students train together, one student will take the role of the **COACH**, and the other student will be the **TRAINEE**. The goal of the coach is to make the trainee successful in the practice of the technique, combination or drill. The goal of the trainee is to follow the direction of the coach and to stay within the confines of what the instructor has taught in class. \_\_\_\_\_

# MyWarriorWithin

## Rules of Conduct

Students must share training time equally. If there is a timer, then students can change roles after it is indicated. If there is no timer, then students should repeatedly change roles as instructed by the class' instructor. If there are an odd number of students, then each group will share the responsibility of temporarily having three people in their group.

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Students must be hygienically considerate of others. Showers, deodorant and talcum powders should be used before class. Students must also make an effort to keep their finger and toe nails short, as well as bring a few changes of clothes if they plan on participating on more than one class in one day or if there clothing become contaminated with a biohazard (i.e. blood). \_\_\_\_\_

Students must show up on time for class. Students who are late must not be interruptive to the class and instruction and wait for placement within the class unless directed by the instructor. Preference, in training, will be given to students who show up early or on time! \_\_\_\_\_

Students must communicate their thoughts, intentions and feelings to their fellow students and to their instructor. They should not make any assumptions about how hard or soft (intensity) their training should be conducted. Students must ask before acting for safety reasons! \_\_\_\_\_

### **No sparring is allowed for the following students:**

1. A student who's conduct is deemed unsafe (a class separation/termination case).
  2. A returning student,
  3. A prospective student who is trying out a class
  4. An identified sick or injured student.
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Please do not do any of the following during class: (A) chew gum, (B) wear street or athletic shoes you wore from the parking lot on the mats (if outdoors on grassy areas, athletic shoes are okay), (C) videotaping classes or (D) talk/communicate while the instructor is giving instruction. \_\_\_\_\_

If you have questions or comments on any of the above, please ask.

Thank you for your attention and cooperation in these matters!

Respectfully,

Highhorse Little

**MyWarriorWithin.com**

\_\_\_\_\_  
**Printed Name**

\_\_\_\_\_  
**Signature**

\_\_\_\_\_  
**Date**