# **Pickle Factory Fighters**

# **Code of Conduct**

1. **Keep your training partners safe**: not hurting them is far more important than landing that strike or getting a submission. All sparring should be done lightly whoever your partner is. Apply submissions slowly, stay controlled at all times, and if for some reason they won’t t

ap, let go.

2. **Always wear a clean training gear** and maintain good personal hygiene

3. **No shoes *on* the mat, always wear shoes *off* the mat**

4. **Keep your nails short** or you will end up scratching your training partners

5. **No sexist, racist, homophobic, transphobic or xenophobic** language or behavior. Educate others if mistakes are made

6. **Remove piercings and jewelry**

7. **No wandering around topless**

8. **No sexual advances** of any kind on the mat

9. **Do not train when you are ill or have an infectious disease**, your training partners do not want to get sick

10. **Encourage the inclusion of all** bodies, abilities and cultures

11. **Use positive language and be body positive** towards ourselves and others