

Dojo Etiquette, Safety & Hygiene Policy UAE AikiKai Aikido (Dubai AikiKai Aikido Association)

The following policy should be read and followed by all members and visitors to our dojo's. It is meant to protect, guide and assist with safe practice, following mutual respect and equality for all.

- ✓ **RESPECT:** Aikido begins and ends with courtesy. Respect the teacher who teaches you and the partners who help your practice. This respect is usually in the form of traditional Japanese bowing, or otherwise using other symbols that acknowledge your gratitude, and emphasis the importance of stepping onto and off the tatami (mat) training area.
- ✓ **SAFETY:** Safety is everybody's responsibility, and the organization takes safety very seriously. Remember to take care of your training partners, and they will take care of you. Aikido training comes with risks of injury, so do your best to train safely, being aware of your dojo surroundings. If someone is injured, offer assistance and support....and if needed assist with any medical needs or transport. Significant injuries should be reported immediately to the instructor, and the organization's board members. Any traces of blood on the tatami mat should be promptly cleaned before any training continues. Any exposed cuts or wounds should be bandaged before training commences.
- ✓ **PERSONAL HYGIENE:** How you present yourself at class is very important.
 - **DOGI:** Your dogi (training uniform) should be washed and cleaned every class, (1 class = 1 wash).
 - **YOUR BODY:** Hands and feet should be clean and nails should be trimmed. Personal body odor should be controlled, this means bathing/showering before class and/or using non-offensive deodorants. Any scratches or wounds should be bandaged and covered.
 - **SHOES:** Footwear is not allowed on the tatami (mat) area. Remove and neatly place shoes off the tatami.
 - **SICKNESS:** If you are un-well or sick, it may be time stay home and take care of yourself, rather than coming to the dojo and spreading any infections to dojo members.
- ✓ **WEAPONS PRACTICE:** When using the traditional Aikido wooden weapons of bokken (sword), jo (staff) and tanto (knife), additional care must be taken. Treat these weapons as 'live', making sure that you protect the safety of all members in the dojo.
- ✓ **JEWELLERY:** All rings, necklaces, earrings, bracelets, watches, etc should be removed before class for your safety and the safety of others.
- ✓ **FOLLOW SENIOR STUDENTS:** If in doubt, follow and be guided by the yudansha (black belts) or senior students in the dojo. Senior students should lead by example.



Safety First