

HOUSE RULES

Train together. Take responsibility together.

Our martial arts school should be a place where children, teenagers and adults feel equally **safe, respected and welcome**. By entering the school, every member accepts these rules.

GYMRAY MARTIAL ARTS SCHOOL BAMBERG · GYMRAY.DE · VERSION 2026



RESPECT

01

The foundation of everything we do at GYMRAY.

- We treat each other with respect, fairness and appreciation.
- Insults, discrimination and bullying have no place at GYMRAY.
- Everyone trains to support their partner – not to hurt them.



HYGIENE

02

The be-all and end-all of our sport – we train in close contact.

- Come freshly showered – nails short, skin cared for, hands and feet clean.
- Bare feet or clean boxing shoes only on the mat – always flip-flops or shoe covers to the toilet.
- Wash your gi and training clothes after every session – sweat stores germs.
- Cover open wounds securely; do not forget oral hygiene and drinking enough.
- Notice something? Address it discreetly or tell the coaches.



HEALTH

03

Only train when you are truly fit for it.

- If you feel sick and could infect others – cough, cold, fever, skin infections – stay home from training.
- Report injuries and health issues to the coach before training.
- Train responsibly – do not overestimate your limits.



PUNCTUALITY

04

Starting together protects you and the group.

- Arrive on time for training.
- If you are late, check in with the coach – they decide about participation.



CONDUCT ON THE MAT

05

Control and consideration come first.

- Follow the coaches' instructions at all times.
- Remove jewelry, watches and smartwatches before training.
- Gym bags and street shoes do not belong on the training area.
- Drinks only in sealable bottles – no glass bottles in the gym.



PHONES & PHOTOS

06

Training time is training time – and privacy is protected.

- Phones stay on silent – no calls on the training area.
- Photos and videos only with the consent of a coach and the people shown.



KIDS TRAINING

07

Clear roles enable focused learning.

- Coaches alone are responsible for sports supervision.
- Parents watch from the designated areas – without calling out or correcting.
- This is how kids learn with focus and grow independently.



ORDER & CLEANLINESS

08

Our gym is our shared home.

- Leave the training area, changing rooms and bathrooms clean.
- Trash goes in the bins provided.
- Handle equipment and facilities with care – report damage immediately.



VALUABLES

09

Look after your personal belongings.

- GYMRAY accepts no liability for personal items.
- Do not leave valuables unattended in the changing rooms.



HOUSE RULES ENFORCEMENT

10

For the safety of all members.

- Coaches and staff enforce these rules on the premises.
- Violations can lead to exclusion from training or a ban from the gym.



CHILD PROTECTION & SAFEGUARDING

GYMRAY stands for a respectful, safe and discrimination-free training environment – protecting children, teenagers and all members is our highest priority. The current safeguarding concept of GYMRAY Kampfsportschule Bamberg applies; its principles are binding for all members, parents, coaches and staff: gymray.de/schutzkonzept

GYMRAY

OUR GUIDING PRINCIPLE

Train hard.

Treat everyone with respect.

Look after your training partners.

Help make GYMRAY a place where everyone feels safe and welcome.

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SAFEGUARDING CONCEPT

These house rules are complemented by the GYMRAY safeguarding concept (Schutzkonzept). It is part of our shared understanding of safety, respect and responsibility and can be viewed at any time at <https://gymray.de/schutzkonzept/> (German)