

Name: _____

Initial

Versatile Arts Dos and Don'ts: Studio Usage Agreement

DO'S

_____ Return all equipment to the state in which you found it. If you switch something out, switch it back (unless existing equipment needs repair). If you move mats, move them back. Return rosin, slings, etc., to where they are stored.

_____ Tape over any cuts or abrasions you may have, even if they seemed closed, to prevent bleeding on the equipment. If you do bleed on something, please clean it right away with hydrogen peroxide, which is kept next to the stereo.

_____ Take off your shoes when you arrive. In particular, **no shoes on the mats!**

_____ Treat the equipment as if it is your own. Carry mats instead of dragging them if possible. Wear the right clothing (see below). Keep hands and feet as clean as possible. Wear deodorant! The gear will last longer if we all take care of it.

_____ Be courteous toward others using the space. This is meant to be a cooperative, supportive environment in which people can train and learn. It's not a competition.

When in doubt, call Bev. 206-399-7173

DON'TS

_____ Don't wear watches, rings, big earrings, or any clothing with zippers, rivets, buttons, spikes, or other pokey bits. **You rip it, you replace it.** Ropes are expensive (>\$300).

_____ Don't wear ankle wraps with Velcro on the tissu – the Velcro can snag the fabric. Again...you rip it, you replace it. (Approx cost: \$100 plus shipping.)

_____ Don't train alone. If you are in the studio alone for some reason, limit your activities to conditioning and stay well below the 10' height marker.

_____ Don't allow untrained friends or otherwise unauthorized personnel to use the equipment without explicit permission of the management (Bev or open gym attendant on duty).

_____ Don't use equipment you have not been trained on.

_____ Don't teach in the space without permission. Trick-sharing with friends at your level is allowed; teaching new skills to beginners without authorization is not.

I have read and agree to the above usage guidelines for Versatile Arts at The Cathedral.

Signature

Date