



Personal Hygiene/Belongings Policy

Students must wash their hands and feet before and after each class.

Shoulder length and long hair must be tied back with a non-metal hair restraint. Makeup including lipstick, foundation, mascara, eyeliner must not be worn by students during class.

Any students presenting with makeup will be asked to remove it before they start the class and parents will be informed of this request.

Jewellery including earrings must not be worn on the mat. All valuable items must be left at home as the club will not take responsibility for lost or stolen items.