



# Krav Maga Combatives

## Safety Instructions and Rules of Conduct

- Treat all training partners with respect and in a spirit of partnership throughout the entire training session.
- Please follow the trainer's instructions.
- Each participant is always responsible for themselves as well as for their training partner. This means that partner exercises do not drift into a competition of “harder, faster, stronger, ...”.
- Do not wear any jewelry (e.g. earrings, finger rings, necklaces, bracelets or piercings).
- Cover non-removable jewelry with adhesive tape.
- Drink enough in between.
- No chewing gum or sucking sweets or similar during training.
- In the case of physical problems before or during training, inform the trainer immediately.
- Always inform the trainer before leaving the training room.
- Please handle all training materials with care.
- Please disinfect your hands after using training materials.
- Nobody "must" take part in any of the exercises during training – after all, all participants are there voluntarily. However, if you want or have to stop an exercise for any reason, please inform the trainer.
- "Stop" means **STOP**, and that always and immediately.

**Note:** In very rare cases, unexpected, strong emotional reactions may occur during training. These can be triggered by situations or actions during training (so-called "triggers") and depend on the individual history of each person.

However, this is a completely common human reaction - in such a case, please do not be alarmed (whether at yourself or at others), stop the exercise immediately and inform the trainer.