



MARTIAL ARTS & FITNESS

HYGIENE

INFECTIONS AWARENESS

Infections can occasionally occur, especially during seasonal changes. In contact sports, being vigilant is crucial for keeping everyone safe and healthy. At MYALO Martial Arts and Fitness, we're committed to maintaining high hygiene standards with regular professional cleaning and daily mat disinfection.

However, hygiene is every member's responsibility.

To ensure everyone's well-being, please follow these guidelines:

1. SPEAK UP

If you notice any infection on a teammate, let us know. Early action is essential.

2. MONITOR YOUR SKIN

Check for unusual marks that don't fade. Cover up all cuts with plasters. Identifying issues early helps prevent spreading.

3. REPORT CONCERNS

Unsure about something on your skin? Speak to your coach right away—it's better to check.

4. SHOWER AND USE RECOMMENDED PRODUCTS AFTER TRAINING

These products help reduce the risk of skin infections.

5. WEAR PROPER GEAR

Long sleeve compression tops and pants ONLY for extra protection.

6. KEEP YOUR BEDDING AND TRAINING GEAR CLEAN

Washing your bed sheets and training gear regularly is crucial. If infections persist despite following all these steps, it may indicate overlooked hygiene habits.

RECOMMENDED PRODUCTS

To avoid infection, we recommend:



HYDREX
Surgical Scrub



EFFIGERM WOUNDCARE
for open cuts to prevent infection.

REMINDER

Persistent infections signal a lack of diligence in personal hygiene.

Members who repeatedly contract infections may face suspension to protect the health of others.

If you notice an infection, inform your coach IMMEDIATELY for further advice.

**THANK YOU FOR YOUR COOPERATION IN KEEPING
MYALO A SAFE, CLEAN ENVIRONMENT FOR ALL.**