



The Exiles CMMA Hygiene Guidelines

1. Wash clothing after every class, placing dirty training gear in a clean carrier bag after training
2. Where possible, get changed before and after training and do not wear clothing that you have travelled in to train in.
3. Use antiperspirant and re-apply at regular intervals during training
4. Wash hands regularly, using sanitiser where available
5. Do not wear outdoor shoes for training in and air out training shoes after each class.
6. Do not keep training shoes in your training bag

TIPS

- Wash clothing on a 40° cycle and use fabric conditioner. If clothing can not take conditioner, consider fragrance crystals.
- Spray jacket with a fabric freshener, such as Febreze, and air out between classes.
- Take a neutral drinking spirit such as vodka or grain alcohol (not something flavoured such as whiskey, rum, etc.) and produce a dilution that works out to 20% alcohol, 80% water (or slightly lower if one wishes to add in an essential oil such as eucalyptus or tea tree for fragrance). For example, most vodkas are 80 proof, or 40% alcohol by volume. A 50/50 solution of vodka and water is an appropriate solution. This will not provide for material disinfection, but can promote a freshening of your gear if sprayed vigorously and allowed to dry.
- Wearing a compression t-shirt under the club shirt really does help prevent the club shirt from souring as well as extends its life.
- If travelling on public transport, wear a jacket over your training gear.
- Use both antiperspirant and deodorant.
- Ask where the washing facilities are.
- You may want to invest in some shoe deodoriser or shoe disinfectant. They do a good range on Amazon.

If you have a medical condition that may affect your cleanliness, please speak to your instructor or The Welfare Officer in confidence.

While this is an athletic endeavour and perspiration is inevitable, we do expect everyone participating to respect their class mates by arriving to class having recently bathed, with clean hands and trimmed finger nails, in freshly laundered clothes, using deodorant, and having fresh breath. It's an embarrassing matter, but we do get up-close-and-personal with each other.