

# Self-Defense Class Safety Protocols

Dear Participants,

Welcome to our Self-Defense Class! Your safety is our top priority. Please take a moment to review the following safety protocols:

## Class Guidelines:

- Always arrive on time to avoid injuries during warm-ups.
- Wear appropriate attire and footwear that allow for movement.
- Inform the instructor of any pre-existing injuries or concerns prior to class.

## Injury Prevention:

- Maintain a safe distance from others during drills and practice.
- Listen closely to instructor demonstrations and follow instructions carefully.
- Take breaks as needed and hydrate throughout the class.

## Emergency Procedures:

- Familiarize yourself with the location of first aid kits and exits.
- In the case of an injury, notify the instructor immediately.
- Remain calm during any emergency situations and follow instructor guidance.

Thank you for your cooperation and enthusiasm. We look forward to empowering you with self-defense skills!

Sincerely,  
The Fitness Center Team