



Show Up Show Out Boxing & Fitness

Safety Protocols & Expectations

At Show Up Show Out Boxing & Fitness (SUSO), our main goal is to keep our members, coaches, and staff safe. We believe that respect, discipline, and responsibility inside the gym help build not only stronger athletes but also stronger communities. To ensure everyone can train and grow in a safe environment, we ask that all guests, members, and staff follow these expectations:

Safety & Respect

- **Be respectful:** Show respect to coaches, staff, volunteers, and fellow members always. Respect includes language, body language, and actions. Disrespectful behavior toward anyone will not be tolerated.
- **Positive environment:** We are a community built on encouragement and support. Bullying, intimidation, harassment, discrimination, or aggressive behavior—verbal or physical—are strictly prohibited. Everyone deserves to feel safe and welcome.

- **Listen to coaches:** Coaches and staff are here to protect you and help you improve. Follow directions immediately and without argument. Ignoring instructions, talking back, or engaging in unsafe behavior will result in removal from training activities.
- **Represent the gym with pride:** Your actions inside and outside of SUSO reflect on our community. We expect members to carry themselves with discipline, professionalism, and respect at all times.

Substance-Free Environment

- **No drugs:** Illegal drugs are strictly prohibited anywhere on gym property. Possession, use, or distribution of drugs will lead to immediate removal from the facility and possible permanent suspension of the training package.
- **No alcohol:** Alcohol is not permitted before, during, or after training on the premises. Arriving under the influence of alcohol is dangerous to yourself and others and will not be tolerated.
- **No vaping or smoking:** SUSO is a smoke-free and vape-free facility. Minors caught vaping or smoking inside the gym or near outside entrances will have their training privileges suspended, and parents or guardians will be notified immediately. Repeat violations may result in permanent removal from the program.

Equipment & Facility Use

- **Use equipment properly:** All gym equipment must be used only for its intended purpose. Misuse of gear—such as hitting bags without wraps, dropping weights, or playing with training tools—creates unnecessary risk. If you are unsure how to use something, ask a coach before attempting.
- **Report issues immediately:** Safety is the top priority. If you see broken, damaged, or unsafe equipment, please inform a coach or trainer immediately. Do not attempt to repair or move the damaged gear yourself.
- **Respect shared space:** Be mindful of others training around you. Keep personal items off the floor, avoid blocking walkways, and give members room to work safely. Keep valuables secured—**SUSO is not responsible for lost or stolen items.**

Training & Sparring

- **Coach supervision required:** Sparring, partner drills, and advanced techniques must always be conducted under the direct supervision of a certified SUSO coach. Coaches may stop sparring at any time if safety is at risk, and their instructions must be followed without hesitation. Unsupervised sparring is strictly prohibited.
- **Train with control:** Respect your training partners. Use controlled techniques and avoid excessive force. Remember: this is training, not competition.

- **Train smart:** Listen to your body. If you feel dizzy, injured, or unwell, please notify a coach immediately.

Health & Hygiene

- **Stay home if you are sick:** Do not train if you have a fever, contagious illness, open wound, or skin infection (such as staph or ringworm). Returning too soon risks spreading illness and delaying your own recovery.
- **Personal gear:** Bring your own wraps, gloves, mouthguards, and any protective equipment. Clean them regularly to prevent odors and bacteria. Shared gym gear must be sanitized after each use.
- **Proper attire:** Wear clean workout clothes and athletic shoes at all times. Outdoor shoes are not permitted on training floors.
- **Shower & personal care:** Members should maintain good personal hygiene. Showering before training (especially after work or school) and after workouts helps keep the gym clean, prevents odors, and reduces the spread of bacteria.

Emergency & Preparedness

- **Know the exits:** All members should be familiar with the location of emergency exits. Do not block or clutter pathways. In the event of an emergency, remain calm and follow staff instructions.
- **First aid ready:** Fully stocked first aid kits and an AED (automated external defibrillator) are available on site. All coaches and staff are trained in CPR, AED use, and basic first aid to respond quickly to injuries.

- **Call for help:** In case of serious injury, illness, or emergency, immediately notify a coach or staff member. They will contact emergency services (911) and provide care until responders arrive.
- **Severe weather or facility emergencies:** During a fire, power outage, or severe weather, staff will direct members to safe locations or evacuation points. Members are expected to cooperate fully to ensure safety.
- **Incident reporting:** Any injury, accident, or unsafe condition must be reported to staff immediately so it can be documented and addressed.

Weapons Policy

- **No weapons allowed:** SUSO is committed to providing a safe space for athletes, families, and the community. Firearms, knives, or any other weapons are strictly prohibited on gym property.
- **Zero tolerance:** Bringing a weapon into the facility or threatening to use one will result in immediate removal, permanent suspension of training bundle, and potential law enforcement involvement.

By training at Show Up Show Out Boxing & Fitness, you agree to these expectations. Together, we can create a safe, respectful, and powerful environment where everyone can succeed.