

CODE OF CONDUCT

HEALTH AND SAFETY

- You must report any spilt drinks or if the floor is slippery from sweating.
- Shoes and socks must be removed during training. This encourages natural balance, avoids slips and keeps the training area clean. (Socks or Martial arts shoes will be allowed only if there is a medical condition present) It also to protect fellow students from injury.
- Bags and personal belongings are to be placed outside of hall, (do not obstruct the walkways), or place in lockers provided.
- Martial arts training involves close contact, therefore it is essential that, all jewellery is removed nails short, and hair tied back. Any jewellery that cannot be removed must be covered with tape.
- Any current injuries must be reported before the class starts. In the unlikely event of an injury being sustained during training, please inform your instructor immediately. If you have any cuts or abrasions, these should be adequately sealed with a waterproof plaster before arrival.
- Any inappropriate behaviour will result in you being asked to leave the class
- Please do not throw the equipment, it is expensive and damage will result in you replacing them.
- Treat everyone equally regardless of gender, age, race or religion. Respect is a visible attitude, with your tone of voice and body language, and must be shown to instructors at all times.
- Bullying and harassing of fellow students will not be tolerated – we aim to create a supportive atmosphere.
- All techniques that are taught in Kickboxing classes are only intended for use as training and not to promote any violence towards anyone.
- **ANYONE** caught using the techniques outside of the class can be expelled from the club.
- The instructors' word is final.

CLASS START AND FINISH TIME

- All students are expected to arrive 10 minutes prior to class start times. It is important that you are booked in for Fire Safety Regulations. This will also give you adequate time to prepare for class (shoes removal, jewellery removal etc). Class times are provided in the newsletter.
- If for any reason you arrive late, please wait outside the hall until the instructor asks you to enter.
- At the end of each class please exit the room as quickly and safely as possible as there is another class in the hall straight after the class finishes.
- If you want to discuss anything with the instructor he will be in the cafe for 20 minutes after the class finishes, or 10 minutes prior to the class starting.
- Mobile phones must be switched off unless prior arrangements have been made.
- Please remember to bow when entering and exiting the hall – this is a sign of respect for the class.

PARTNER WORK

- Always consider your partners strength when paired with someone smaller than you.
- Sparring is always light contact during classes.
- The objective of sparring is to be able to control the movement and demonstrate technique and discipline.
- Protective clothing must be worn during sparring classes i.e. head guard, gum shield, appropriate gloves, boots and shin guards. You can order these through your instructor.

UNIFORMS

- All grading students must wear uniform and belt during each class.
- Uniform must be kept clean and in good condition.
- Students not wishing to take part in grading are expected to purchase uniform after 6 weeks attendance. This is to promote a professional and respectful environment.
- In order for the instructor to conduct the class in a safe manner it is essential that once you have graded, you must wear your belt during every session. This enables your instructor to readily assess a student's capabilities and adjust the techniques safely and appropriately.

REMEMBER, YOU ARE A REFLECTION OF YOUR INSTRUCTOR. YOU SHOULD CONDUCT YOURSELF ACCORDINGLY WITHIN THE CONTEXT OF MARTIAL ARTS, WHETHER YOU ARE INSIDE OR OUTSIDE THE TRAINING AREA.

If you have any queries please do not hesitate to contact us directly on the contact details provided below!

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