

Alberton Chinese Kickboxing

Members Code of Conduct

1. Martial Arts training involves close contact, therefore it is essential that all **jewellery is removed**, nails kept short and **hair tied back**. Any jewellery that cannot be removed must be taped up.
2. A **Club uniform** should be obtained as soon as the student has decided to commit to training. Until then appropriate clothing should be worn ensuring there are no buckles, sharp zips/buttons etc which could cause injury to you and your training partner. Remember also to empty pockets.
3. Shoes and socks **must be removed** during training – this encourages natural balance, avoids slipping and keeps the training area clean. (Socks will be allowed only if there is a medical condition present).
4. Any current injuries must be reported before the class starts. In the unlikely event of an injury being sustained during training, please report to your Instructor **immediately**. If you have any existing minor cuts or abrasions, these should be adequately sealed with a waterproof dressing before arrival.
5. In order for your Instructor to conduct the class in a safe manner it is essential that once you have been graded, you **wear your belt at every session**. This enables Instructors to readily assess a student's capabilities and adjust the techniques safely and appropriately.
6. Membership forms must be amended if any changes in health status occur. Women wishing to train **during pregnancy** must produce written approval from their GP.
7. Treat everyone equally regardless of gender, age, race or religion. **Respect** is visible in attitude, tone of voice and body language and must be shown to Instructors and fellow students at all times.
8. Bullying or **harassment** of fellow students will not be tolerated. We aim to create a supportive atmosphere.
9. Mobile phones must be **switched off** unless a prior arrangement has been made with your Instructor.

***Remember, you are reflection of your Instructors and your Association.
You should conduct yourself accordingly within the context of the Martial Arts
whether inside or outside the training area.***

Failure to adhere to any of the above regulations could result in the termination of membership without prior warning