

Code of Conduct

We welcome anyone to our club and whether your desire is to get fit, or to enter competition, we will do our best to help you achieve your goals. The Code of Conduct below helps to promote an atmosphere of respect for ourselves, our training partners and our Coaches. These rules are also essential for a safe training environment for all students and coaches.

- Pay attention to the Coach at all times and not to other distractions.
- Show respect to the Coaches and fellow students at all times.
- Always aim to attend the class on time.
- Students should remove all jewellery before class, for their own safety & that of others.
- It is advisable to wear comfortable clothing which will not restrict movement for MMA and Kickboxing/Conditioning classes.
- For the BJJ sessions, students are advised to wear a Gi.
- Section eight (8) of this information pack, or our website provides details on further training equipment and clothing which students will need.
- For hygiene & the comfort of all training clothing/equipment must be washed &/or clean.
- Do not use the club equipment unless authorized by a Coach. Please do not borrow other student's equipment without his/her permission.
- Students must always keep their finger and toenails clipped and clean for their own safety and that of their training partners.
- No chewing gum during training or in the gym
- Shoes must be removed before stepping on to the mats. Only clean wrestling shoes are permitted on the mats.
- Never lose your temper in training, especially in self defence, or free sparring. Refrain from impetuous and violent behavior, & do not spar without the permission of the Coaches.
- When sparring the most skilled and/or higher grade student must work at the level of the less skilled/lower grade student.
- Good sporting spirit & behaviour is important; the skills you learn can cause injury. Always treat your training partner with courtesy & aim to exercise control and accuracy at all times.
- Sparring is not mandatory. If you do not wish to spar, please inform one of the Coaches and they will arrange alternative drills for you during sparring sessions.
- Please keep non-class related conversations with fellow students for before or after class. Keep talking to a minimum during rest periods and please do not talk at all while the class is in session unless you have a specific question to ask the Coach.
- Refrain from any behavior which constitutes as bullying.
- If you have any complaints please report your problems to any of the Coaches
- If in the unlikely event you injure yourself you will be taken care of by one of the club's qualified first aiders. Simply notify your training partner to let the Coach know you have an injury, or attract the attention of the Coaches yourself.
- Never leave litter. For this reason we don't allow any food into the training hall except a bottle of water. Take all empty bottles with you & don't leave anything behind at the end of class
- Clothing is to be left in the changing rooms and not brought into the gym (only training equipment such as gloves / gum shields etc & water bottles are allowed into the training hall).