



Code of Conduct for Strike Kickboxing

We welcome all people who wish to train. We are aware that everyone is individual and has different goals from sport. We will support all people in our team and aim to help each other in reaching our targets. Some may wish to compete, some to increase fitness, some to meet others and socialise. This is all welcomed at Strike Kickboxing.

Golden Rule: - If someone shouts 'Safe' Stop immediately and assess the situation, protect each other and gain the attention of the Coach. If you need to stop in training in emergency please shout the word 'Safe'.

- **Respect:** Treat others with respect and celebrate their differences. Respect the rights and dignity of everyone, regardless of their age, gender, race, or other characteristics.
- **Safety:** Follow safety policies and trust that coaches and officials prioritize safety.
- **Sportsmanship:** Be a good sport, play by the rules, and be gracious in defeat.
- **Cleanliness:** Keep your body and uniform clean and in good condition.
- **Punctuality:** Arrive early for classes and allow enough time to change into your uniform.
- **Personal hygiene:** Maintain good personal hygiene, including keeping your fingernails and toenails trimmed, and washing your hands before class.
- **Remove shoes:** Remove your shoes after entering the training area as a sign of respect for the training space.
- **Support your club:** Support club events, seminars, and competitions.
- **Be a good listener:** Be a good listener and don't interrupt conversations.
- **Be appropriate:** Any physical contact with fellow students should be appropriate to the situation and necessary for training
- **Contact :** Only contact coaches outside of session via the dedicated email or whatsapp, or speak after a session to them. No one-to-one training sessions or contact between a coach and children / vulnerable person is permitted.