

## **The KIXX Martial Arts Codes of Conduct**

The Members, Instructors, Coaches and Customers of KIXX Martial Arts Gym shall expect to find a clean, well-run, professional environment in which they feel they can train and encourage friends and family to train (*for more detailed information with respect to the KIXX position, please see the KIXX Martial Arts Customer Charter*). We would like to draw your attention to the KIXX Gym rules and Codes of Conduct in operation at KIXX Martial Arts...

### **The Coach / Instructors Code of Conduct...**

Children and adults come into the martial arts and fitness for a variety of reasons; it is the duty of the Coach / Instructor to recognise this and stimulate continued participation. Coaches / Instructors have a responsibility to ensure that all youngsters are given the best opportunity to fulfil their aspirations in a caring environment where the emphasis is on;

- **Fun**
- **Enjoyment**
- **Skill development**

#### **Coaches / Instructors should...**

- Recognise the importance of fun and enjoyment when coaching especially young people.
- Most learning is achieved through 'doing'.
- Appreciate the needs of the people before the needs of the sport.
- Be a positive role model - think what this implies.
- Keep winning and losing in perspective - encourage young people to behave with dignity in all circumstances.
- Respect officials' decisions - ensure that the members recognise that they must do the same.
- Provide positive verbal feedback in a constructive and encouraging manner to all during coaching sessions.

#### **Coaches / Instructors of young people must...**

- Provide experiences which are matched to the age and ability of the people taking part, as well as their physical and mental development.
- Ensure all youngsters are coached in a safe environment - is adequate first aid readily to hand?
- Avoid the overplaying of the best players by using a squad system, which gives everybody a satisfactory amount of playing time.
- Never allow a person to train when injured.
- Ensure good supervision of young people at all times.
- Recognise that young people should never be exposed to extremes of heat, cold or unacceptable risk of injury.
- Develop an awareness of nutrition as part of an overall education in lifestyle management.

#### **Remember...**

*Coaches working with children and vulnerable adults must follow the guidelines laid down by the KIXX Policies and Procedures (i.e. Child Protection, Anti-Bullying, etc).*

### **The Good Parent's Code of Conduct...**

**The Coaches and Instructors of KIXX Martial Arts Gym fully acknowledge that parents are an integral part of the partnership, which ensures that young students enjoy their involvement in the sport and experience an environment in which they can flourish.**

#### **Parents are encouraged to...**

- Be familiar with the coaching and training programme in order that they can ensure that their child is fully involved and the Coaches / instructors are aware of their availability.
- Be familiar with the teaching and coaching methods used by observing the sessions in which your child participates.

- Be aware that the Club has a duty of care and therefore, where appropriate, assist Coaches / Instructors with the supervision of the young students, particularly where numbers are large and there is a need to transport youngsters to other venues.
- Be involved with Club activities and share your expertise.
- Share concerns, if you have them, with Club Coaches / Instructors.
- Be familiar with the 'Coaches / Instructors Code' in particular; encouraging young students to behave with dignity in all circumstances, e.g.:
  - Coaches / Instructors should recognise the importance of fun and enjoyment when coaching young students.
  - Coaches / Instructors should keep winning and losing in perspective,

### **It is important that parents support Coaches / Instructors in instilling these virtues.**

#### **Parents should...**

- Remember that young people train for their own enjoyment, not that of their parents.
- Encourage young people to train - do not force them.
- Focus on the young peoples' efforts rather than winning or losing.
- Be realistic about the young peoples' ability; do not push them towards a level that they are not capable of achieving.
- Provide positive verbal feedback both in training and during the game.
- Remember that persistent, negative messages will adversely affect peoples' their performance and attitude.
- Always support the efforts to eradicate loud, coarse and abusive behaviour from the class.
- Remember young people learn much by example.
- Always show appreciation of good training by all young people, both from your own club and people from other clubs where appropriate.
- Respect decisions made by officials and encourage the young people to do likewise.
- Assist the Coaches / Instructors at all times to create a health and safety conscious environment for their children and others to train and flourish in.

#### **The Good Juniors Code of Conduct...**

As a child training at KIXX Gym I rely on my parents and my instructors to help me with the following Codes of Conduct for KIXX Juniors. I will learn the following and benefit from making it part of my training and future development at KIXX and in my daily life...

*These are not listed in order of priority.*

- Know the KIXX Rules and Codes of Conduct.
- **Respect** your parents, instructors and yourselves.
- Listen to the instructor / coach.
- Watch the instructor / coach.
- When told to **STOP** you must **STOP**.
- No bullying (treat others as you would like to be treated). **BULLYING IS NOT TOLERATED.**
- Be polite and helpful (no swearing, bad behaviour).
- Control your temper at all times.
- No falling over, tripping, being silly or messing about.
- Look after the Gym equipment and your own equipment at all times.
- Ask you instructor before leaving a class for any reason (e.g. toilet, drink, etc).
- Tell your instructor immediately if you are injured or unwell,
- Be a good sport (friendly, helpful, enjoy yourself).
- Work hard and come to the classes because you enjoy yourself and make new friends.
- Look after your uniform and remember that **whilst you are wearing it you represent KIXX** and that you are bound by the KIXX Rules and Codes of Conduct. For example, when at demos, competitions, functions and away from KIXX.

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**These Rules must be read in conjunction with the  
KIXX Martial Arts Gyms Codes of Conduct.  
(This list is not in order of priority)**

- 1) ONLY people with permission to do so are allowed behind the reception counter.
- 2) Personal items and / or valuables are left in the Gym at your own risk.
- 3) All children must be supervised and KEPT UNDER CONTROL in the building. A Gym can be a very dangerous place for children. Parents or guardians will be held responsible for their child's behaviour.
- 4) The designated training areas are clearly marked as red rubber jigsaw tiles for safety. Keep inside if you are in a lesson and outside if you are not.
- 5) Nobody under 18 years of age shall use the Fitness Equipment or enter the Weights and Fitness Room.
- 6) All KIXX Gym Members and Non-members (with Non-Member Entry) will be required to have an Induction in order to use this Gym and its Fitness equipment.
- 7) The building shall be kept tidy at all times. If you have any concerns over tidiness or cleanliness please notify the KIXX Gym Manager.
- 8) Treat ALL of the equipment and fittings in the building with care and respect. Please report any defects or problems immediately to KIXX Gym Manager.
- 9) Dress code shall be sensible and considerate to the class or other members of the Gym. Any concerns should be passed privately to KIXX Gym Manager.
- 10) DO NOT TOUCH ANY of the weapons unless specifically asked to do so by a qualified KIXX Instructor. A qualified instructor must supervise all weapons practice sessions. Weapons left unsupervised will be removed and locked away until claimed by the owner. Said owner may risk not being able to bring the weapons back to the Gym in future.
- 11) EVERYONE must use the Signing IN and OUT book when entering and leaving the Gym. This is urgent for health and safety reasons.
- 12) All abandoned clothing / equipment will be kept for one month. If it remains unclaimed it will be given to a charity of our choice.
- 13) *The good name of KIXX Gym shall not be brought into disrepute at any time. To do so results in membership being terminated.*
- 14) *Written permission MUST be sought before using ANY cameras in the Gym. Mobile phones with cameras can be a particular problem so anybody taking any pictures without permission will be asked to leave the Gym. Further action may be taken!*
- 15) The management of KIXX reserve the right to refuse entry / membership at their discretion and without reason.

***We hope you will find these rules sensible and easy to observe. If you have any questions please ask. We want you to have a good time at KIXX Gym.***