



STUDENT & PARENT POLICY

INTRODUCTION

Children/Teenagers (referred hereinafter as students) can benefit greatly from Mixed Martial Arts/Boxing/Brazilian Jiu-Jitsu/Kickboxing and other disciplines, in terms of personal development and enjoyment. As part of their participation, our members must be encouraged to realise and understand they also have a responsibility to treat others in the club with fairness and respect as well as being an ambassador for Flo Martial Arts outside of the gym.

Our disciplinary procedure at Flo Martial Arts is detailed below. These are the steps that coaches/staff will take in order to maintain a safe and productive environment for our students while giving any student who misbehaves or disrupts the class plenty of opportunities to abide by our code of conduct before being asked to leave the training area.

RULES DURING TRAINING SESSIONS

1. Any student misbehaving will firstly be given a verbal warning and it will be made clear that if they misbehave again, they will receive a 2-minute 'time-out'.
2. Students misbehaving or disrupting the class for a second time will receive a further 2-minute 'time-out' during the games or at the coaches' discretion. Students can always have their 'time-out' reduced or removed if their behaviour improves.
3. If the same student disrupts again for the third time, their 'time-out' will increase to 4 minutes and the student will be informed that if they disrupt the class again, their training session will end and they will be asked to leave the training area.
4. If the disruption is repeated or deemed enough of a concern, the parents may be requested to attend a meeting to discuss further prevention strategies to avoid repeat instances or poor behaviour.

SERIOUS/PERSISTENT BEHAVIOUR

Any student persistently misbehaving will receive a suspension from our facility from 1 – 4 weeks as appropriate. The child's parents/guardian will be contacted and called in to attend a meeting to discuss the reason for the suspension and to answer any questions they may have.

In an extreme case, the gym has the right to revoke the membership and expel the student from the gym.



We believe this procedure is necessary and is for the benefit of all of our students and provides clear parameters to ensure our gym is a safe and productive environment for all members.

STUDENT POLICY

YOUNG PLAYERS/MARTIAL ARTISTS SHOULD BE ENTITLED TO:

- Be safe and feel safe
- Have fun and experience a sense of enjoyment and fulfilment
- Be treated with respect, dignity and sensitivity
- Comment and make suggestions in a constructive manner
- Be afforded appropriate confidentiality
- Participate in matches and competitions at a level they feel comfortable
- Make their concerns known and have them dealt with in an appropriate manner
- Be protected from abuse
- Be listened to

STUDENTS SHOULD ALWAYS:

- Play fairly, try their best and enjoy themselves
- Respect fellow team members regardless of ability, cultural or ethnic origin, gender, sexual orientation or religious beliefs
- Support their fellow team members, regardless of their performance
- Represent their team, the gym and their family with pride and dignity
- Respect all coaches, officials and their opponents
- Be gracious in defeat and modest in victory
- Shake hands before and after matches and understand to get respect, it must first be given, irrespective of the result
- Inform their coach/staff member in advance if they are unavailable for training and competitions they are entered
- Take due care of the facility and its equipment
- Know it is acceptable to talk to the Club Welfare Officer (Mr Jason Fox) with any concerns or questions they may have



- Adhere to high standards of behaviour and the expected standards of discipline
- Tell someone else if they or others have been harmed in any way
- Maintain a satisfactory level of effort and grades in school and know that if your parent feels your grades or levels of effort or behaviour are suffering for whatever reason, they may liaise with your coach to curtail your training

STUDENTS SHOULD NEVER:

- Cheat – always play by the rules
- Shout at or argue with a competition official, with their coach, their teammates or their opponents and violence is only to be used in self-defence.
- Use unfair or bullying tactics to gain an advantage.
- Isolate any other students
- Spread rumours
- Tell lies about adults of other young people
- Compete or train if they feel unwell or are injured
- Use unacceptable language or racial references

Bullying in any form will not be tolerated by anyone at Flo Martial Arts. We will have no issue expelling someone from the club if any cases of bullying are discovered, regardless of how good a competitor the individual or group is, or how long they have been with the club. **You have been warned.**

By signing this document at the bottom, you, as the parent/guardian of your child are agreeing that you have explained this policy and its contents to your child and they understand it. Moreover, that in extreme cases of poor behaviour, or bullying, they may be expelled from the class.

PARENTS/GUARDIAN POLICY

Parents/Guardians have an influential role to play in assisting and encouraging their children to fully participate in Mixed Martial Arts/Boxing/Brazilian Jiu-Jitsu/Kickboxing.

As with coaches and club staff, the parents/guardians of children under the age of 16 should act as role models for their children as they participate in their respective classes or activities.

PARENTS/GUARDIANS SHOULD ENCOURAGE THEIR CHILD TO:

- Always abide by the rules



- Continually attempt to improve their skill level
- Appreciate everybody on their team, regardless of ability
- Ensure their child maintains a balanced and healthy lifestyle with regards to exercise, nutrition, rest and play. Advice may be sought if necessary from the coaches on this issue.

PARENTS/GUARDIANS SHOULD LEAD BY EXAMPLE

- Adopt a positive attitude to their children's participation in our sport
- Respect coaches and competition officials decisions and encourage their children to do likewise
- Do not exert undue pressure on your child
- Never admonish your own child or any other child for their standard of participation
- Be realistic in their expectations and understand that there will be good days and bad days, particularly where competition results are concerned.
- Show approval for effort, not just results
- Avoid asking a child or young person 'How many matches did you win today?' or 'what techniques did you pull off?' or 'how many times you lost'. Instead ask them did they enjoy themselves or have fun.
- Never embarrass a child or use sarcastic remarks towards a student.
- Applaud good play from all participants
- Do not criticise performance. Identify how improvements may be made
- Do not seek to unfairly affect a bout or participant
- Do not enter the training / competition area unless specifically invited to do so by an official or coach
- Do not use the gym for your own training unless you are a paying member
- Do not use the gym to review or practise techniques after class, please clear the training area to allow the next class to begin warming up, unless the coach states you are allowed to continue training at your own pace.



PARENTS/GUARDIANS SHOULD:

- Ensure they have completed and returned the registration/permission/Flo Waiver and PAR-Q for their child participation in the classes and activities at the gym.
- Inform the coaches, and any other appropriate club staff of any changes in their child's medical or dietary requirements prior to classes, competitions or other activities
- Inform the coaches if their child is competing / participating in other combat sports for an outside gym and if so, never use the Flo name if doing so or without permission
- Ensure their child punctually attends classes or other activities. Failure to do so may result in missed grading's or being excluded from that particular class or activity
- Provide their child with the adequate clothing and equipment as is required for the specific classes/activities/competitions (unless the club has previously agreed to supply the items required). For example: headgear, gloves, shin guards, mouth guards etc. Long sleeve tops or t-shirts must be worn under Gi jackets at all times
- Ensure that the nutrition and hygiene needs of their child are met. Please ensure their finger and toenails are clean and cut short
- Never let your child train if they are unwell. Flo reserves the right to the child to participate in class if they are noticeably showing signs of illness
- Listen to what their child may have to say regarding their training
- Show approval whether their child wins, loses or draws in a match
- Never attempt to meet their own needs and aspirations for success and achievement vicariously through their children's participation

PARENTS/GUARDIANS SHOULD ASSIST THEIR CLUB BY:

- Showing appreciation and respect for any volunteers, coaches or club officials. Any rudeness or inappropriate behaviour towards these individuals will not be accepted
- Attend training and competitions (if your child wants to compete) on a regular basis
- Kindly assist in the organising or helping the Club activities and events if

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possible

- Respecting the rights, dignity and worth of every person and by treating each one equally regardless of age, gender, ability, ethnic origin, cultural background or religion
- Not loiter or spectate from the side of the matted areas. (It is essential these are kept clear to satisfy our Fire Regulations)
- Never attempt to coach from the side-lines. Let the coaches' coach
- Do not shout instructions from the viewing area

PARENTS/GUARDIANS HAVE THE RIGHT TO:

- Know their child is safe and to make a complaint if they believe that their child's safety is in any way compromised
- Be informed of problems/concerns relating to their child
- Be informed if their child gets injured
- Complain in an appropriate manner if they have concerns regarding the standard of coaching
- Have a say in relation to decisions being made within the gym

Any children brought to the facility are to be supervised at all times by an adult. They are not expected to be left to their own devices if the parents are training and are not allowed to access the cage or matted areas unless they are participating in structured classes. Please expect a reminder if this is not adhered to.

Please do not bring any pets inside the facility.

By signing, I agree to abide by these policies and understand that failure to do so may result in my child's suspension or expulsion from Flo Martial Arts.

Name: _____

Signature: _____

Date (DD/MM/YY): _____