

Boxing Gym Code of Conduct

1. Purpose

This Code of Conduct exists to:

- Maintain a safe, respectful, and inclusive environment.
- Promote sportsmanship, discipline, and professionalism.
- Protect the wellbeing of all members, coaches, staff, and visitors.
- Ensure all training sessions are conducted safely and responsibly.

All members, coaches, parents/guardians, and visitors are expected to follow this Code at all times.

2. Respect & Behaviour

All members must:

- Treat coaches, staff, training partners, and visitors with respect.
- Follow coach instructions promptly and safely.
- Behave in a sportsmanlike and disciplined manner.
- Support a positive and welcoming training environment.
- Respect differences in age, gender, race, religion, sexuality, ability, and experience level.

The following behaviour is prohibited:

- Bullying, intimidation, or harassment
 - Threatening or abusive language
 - Discrimination of any kind
 - Fighting outside supervised training
 - Deliberately injuring or attempting to injure others
 - Unsafe or reckless conduct
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3. Training & Sparring Conduct

Members must:

- Train within their ability level.
- Use appropriate protective equipment at all times.
- Respect sparring partners and maintain controlled contact.
- Stop immediately when instructed by a coach.

- Inform coaches of injuries, illness, or discomfort before training.

During sparring:

- Excessive force is not permitted.
 - Mismatches in size, experience, or fitness must be avoided.
 - Unsportsmanlike conduct will not be tolerated.
 - Sparring is supervised and may be stopped at any time by coaches.
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4. Attendance & Punctuality

Members should:

- Arrive on time and prepared for sessions.
- Notify coaches where possible if unable to attend booked sessions.
- Participate fully unless medically unable to do so.

Late arrivals may be refused entry to sessions for safety reasons.

5. Hygiene & Cleanliness

All members must:

- Wear clean training clothes and equipment.
- Maintain good personal hygiene.
- Use deodorant and maintain appropriate cleanliness standards.
- Cover cuts, wounds, or abrasions before training.
- Clean shared equipment after use where instructed.

Members must not train if they:

- Have a contagious illness or infection.
 - Have untreated skin conditions that may spread to others.
 - Are bleeding or visibly unwell.
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6. Drugs, Alcohol & Smoking

The following are strictly prohibited:

- Training under the influence of alcohol or drugs.
- Possession or use of illegal substances on gym premises.

- Smoking or vaping inside the facility unless in designated areas.

Any member suspected of being impaired may be removed from training immediately.

7. Social Media & Online Conduct

Members and staff must:

- Represent the gym respectfully online.
- Avoid abusive, defamatory, or discriminatory comments.
- Not post content that could endanger, embarrass, or harass others.
- Obtain permission before posting identifiable images/videos of minors.

Cyberbullying or online harassment involving gym members may result in disciplinary action.

8. Equipment & Facility Use

Members must:

- Use equipment properly and safely.
- Report damaged equipment immediately.
- Return equipment after use.
- Respect gym property and facilities.

Intentional damage or misuse may result in suspension or financial liability.

9. Junior Members (Under 18)

Children and young people must:

- Follow coach instructions at all times.
- Treat others respectfully.
- Avoid inappropriate language or behaviour.
- Remain within designated training areas unless permitted otherwise.

Parents/guardians must:

- Behave respectfully toward staff and other members.
- Avoid coaching from the sidelines unless authorised.
- Support safeguarding and safety procedures.

10. Safeguarding

The gym has zero tolerance for:

- Abuse
- Grooming behaviour
- Harassment
- Inappropriate contact or communication with minors

All safeguarding concerns will be taken seriously and may be reported to relevant authorities.

11. Disciplinary Action

Breaches of this Code may result in:

- Verbal warning
- Written warning
- Suspension from classes or sparring
- Termination of membership
- Referral to authorities where appropriate

Serious misconduct may result in immediate removal from the gym.

12. Agreement

By participating in training or using gym facilities, all members agree to follow this Code of Conduct and any related safety or safeguarding policies.

Date of creation- May 2026

Policy review date- May 2027