

FIGHTERS REPUBLIC

Behavioural expectations/ gym rules



Gym rules, and expected conduct:

We aim to create a safe, inclusive, productive and enjoyable training environment for everyone who comes to train with us. In order for that to be achieved, we have set out the rules overleaf.

Please note, regarding the rules, no child will ever be treated differently to their gym mates, regardless of their ability level, learning differences, or physical disabilities. We aim to make our sessions as inclusive as possible, and will adapt our provision to give every boxer equal opportunity to achieve their potential. The rules however, will not be adapted to suit anyone.

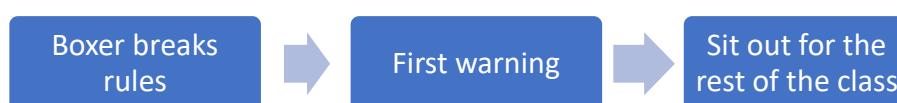
3 strikes:

We will follow this procedure for *all* moderate behavioural issues at the gym. The 3 strikes procedure will be applied when a boxer is doing anything contrary to the rules overleaf, or anything else that is disrupting a class. In more severe behavioural issues, even when they occur outside of the gym, we reserve the right to remove, or permanently ban a boxer from the gym.

Strike 1:



Strike 2:



Strike 3:



After strike 3, a boxer is welcome to return after one month. If a boxer persistently breaks rules, we reserve the right to remove, or permanently ban them from the gym.

1. Bullying:

Bullying of any kind will not be tolerated. If the case is judged to be serious enough, the 3 strike procedure will be skipped, and the perpetrator removed permanently without warning.

2. Respect:

Show respect to everyone in the gym.

3. Punctuality:

Arrive to training on time, and ready to train. If you are more than 5 mins late, you'll be given 50 press ups to complete. If you're more than 15 mins late, you wont be permitted to train. These rules apply unless an alternative arrangement has been agreed, or under exceptional circumstances such as an earthquake, tsunami, or alien abduction.

4. Follow the coaches instructions:

During classes, listen carefully, and follow the instructions given. Failure to do so, could result in injury, and will limit your progression, and that of other members.

5. Membership payments:

Please note; this rule is aimed solely at adult members, or the parents/guardians responsible for kids membership payments. We will not discuss these issues with kids.

Please let us know of any issues regarding payments, and we will do our best to help. If a payment bounces etc. just let us know. Need your payment to come out on a different date? Let us know. We understand that covering all the bills, and keeping track of all your outgoings, especially if you have kids, can be hard, and we will be understanding. However, we will not tolerate those members, who purposely evade payment for their own financial gain.

6. Gumshields:

Gumshields must be worn when sparring or anytime head punches are likely to land on the target.

7. Clothing/footwear:

Appropriate clothing/footwear must be worn whilst training. No jeans, smart shoes, work boots, sliders etc.

8. No phones/stuff in pockets:

Put your phone, keys, and anything else not needed for training in your bag before you begin training and leave it there until you're finished.

9. Train hard:

In order to achieve your potential and get the most from each class you attend, you need to train hard. Apply yourself fully, give 100% and you'll see the improvement. If a boxer is lazy in training, their approach will not only hamper their progress, but will slow the progress of their gym mates too.

10. Loyalty:

We welcome people from other boxing clubs to come and train with us. We also have no issue with members training at other boxing gyms. However, we will not get *any* boxer carded, and ready for competition, if they are training at another club. We are willing to travel anywhere in the UK to get our boxers the experience in competition they need. Our coaches have to take time away from their families, and often lose money due to taking time off work to travel with boxers. We are not willing to make these sacrifices for a boxer who is not showing any loyalty to their club, or coaches.

11. Parents:

- Parents must remain in the viewing area specified, or outside the gym, depending on the age group.
- No shouting to kids/verbal coaching during training.