



# KAIZEN MARTIAL ARTS ACADEMY

## BEHAVIOUR POLICY

**As a person taking part in our academy, we would like you to follow this guidance to ensure you can participate in your sport or activity safely.**

### Behaviour

- Inform the academy if not attending class.
- Report health problems to the instructor before the start of the class.
- Be punctual for class and wait appropriately.
- If late for class, warm up away from the class and then wait at the front and/or side of the class until you receive permission to join the class.
- Respect and celebrate differences in our club or activity and not discriminate against anyone else on the grounds of gender, race, sexual orientation, or ability.
- Report any incidents of bullying, including homophobia and transphobia, to a member of staff, even if you are just a witness.
- Treat other young people with respect and appreciate that everyone has different levels of skill and talent.
- Make our academy a welcoming and friendly place to be.
- Support and encourage your teammates. Tell them when they have done well and be there for them when they struggle.
- Respect our staff and the staff and young players from other teams.
- Be a good sport, celebrate when we win, be gracious when we lose, play by the rules and have fun.
- Follow our online safety and internet use policies.
- Get involved in club or activity decisions; it is your sport, too.
- Bow when entering or leaving the dojo.
- Keep yourself safe by listening to your coach or trainer, behaving responsibly and speaking out when something is wrong.
- When you are with us, stay in the places where you are supposed to; do not wander off or leave without telling an instructor.

- Take care of our equipment and premises as if they were yours.
- Make it to practices or sessions on time and if you are running late, let a member of staff know.
- Bring the right kit to practice and wear the appropriate kit for the weather.
- Do not smoke, vape, or consume alcohol on our premises, during practices, competitions or when representing us.
- Always bow to a senior grade first.
- Walk around the edge of the dojo.
- Refer to instructors as Sensei or by their appropriate title, not by name.
- The closing ceremony is significant. Please sit up straight when kneeling and keep your eyes forward.
- Ensure uniforms fit correctly and are in a good state of repair.
- Keep fingernails and toenails clean and short enough to avoid causing injury.
- Do not wear jewellery and watches. If it is impossible to remove rings or earrings, then cover them with tape.
- Do not wear shoes in the dojo.
- Wear rank belts at all times
- Do not leave the class without the permission of the instructor.
- Do not consume food or drink within the dojo training area.
- Do not smoke in the dojo.
- Do not use foul language or inappropriate behaviour.
- Contribute to your safety and the safety of others in the dojo.
- Ensure possession of an up-to-date licence.
- Young people under fourteen must be accompanied by a parent/guardian or other known and named person before leaving the dojo environment.

**As a person taking part, we understand you have the right to:**

- Enjoy your time with us, and know you are safe.
- Be told who you can talk to if something is not correct.
- Be listened to and be included.
- Be involved and contribute towards decisions within the academy or activity.
- Be respected by us and other team members and be treated fairly.
- Feel welcomed, valued and not judged based on race, gender, sexuality or ability.
- Be encouraged and develop skills with our help.
- Be cared for if there is an accident or injury, and have your parents informed if needed.

We expect all young people and adults to follow the behaviours and requests set out in this policy. If any person behaves in a way that contradicts the aforementioned points, we will address the problem immediately (with parents' involvement for young people under eighteen years of age) and aim to resolve the issue.

**Continued issues and repeated breaches of this code may result in us regrettably asking you to leave the activity, event or club permanently for the welfare of other young people, adults and our instructors/coach's staff. This is something we never want to do.**

**Signature:** \_\_\_\_\_

**Signature of parent/guardian:** \_\_\_\_\_

**Date:** \_\_\_\_\_