

## Terms and Conditions/ Code of conduct



- Payment must be made promptly at the beginning of each calendar month (please see payment details on the Fees information page)
- We require one whole calendar month notice to cancel membership.
- Please arrive promptly for class and leave the premises quietly respecting local residents.
- Club t-shirts must be purchased and worn to each session once membership commences. Where club t-shirts are worn in public on your way to and from classes, we insist they are worn with a good attitude and respect for others as a reflection of our club values in the local community.
- All members, visitors and instructors at our club are to be treated with respect at all times. Anyone displaying rude, aggressive or discriminatory behaviour of any kind will be asked to leave the class immediately and we reserve the right to cancel membership with immediate effect on these grounds.
- It is vital for the health and safety of yourself and other members that instructions are listened to and followed. If you don't understand an instruction or activity you must ask for clarification before continuing.
- You have the right at all times to opt out of any activity you do not feel comfortable participating in. Please respect other people's right to do so too.
- Take your time and go slowly. Learn at your own pace. Take breaks when you need to and ensure you bring a pre filled water bottle to class to stay hydrated.
- Due to the nature of training, bruises and light sprains are not uncommon and can be treated easily at home. We recommend you warm up and warm down with stretches before and after each session to prevent sprains. We can advise further on this if you need advice on how to do so.
- More serious injuries are rare. Accidents can happen though and can be further prevented by always following instructions, being mindful not to use excessive force while training and the use of the right protective gear. Although not mandatory, we strongly recommend the use of mouth guards to protect teeth, eye protection and head guards, shin pads, elbow/knee pads and support bandages around any pre existing injuries where appropriate. Please ask if you are unsure. Training without protection is your choice but done so at your own risk.
- We ask you purchase and wear gloves to use when instructed during specific parts of training. This is for the safety of other members while you train together and to protect yourself from injury too.
- Please tie long hair back and remove jewellery before coming to class. If you have jewellery that can't be removed (i.e. rings or stud earrings/nose piercings) please cover with plasters so they do not pose a risk to yourself or others.
- Anyone whose behaviour continuously, purposefully or seriously disrupts the enjoyment, learning or safety of themselves or others will be asked to leave the session immediately. We reserve the right to cancel membership on these grounds.
- We hold Public Liability Insurance and carry a full risk assesment of our venues and classes.
- All our equipment is clean and checked for safety before each class. All equipment must be treated with respect and for its intended purpose.