

# PlayStrong Club Rules & Code of Conduct

**Effective Date:** Dec 2025

**Last Reviewed:** Dec 2025

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## 1. Introduction

**PlayStrong** is committed to maintaining a respectful, safe, and inclusive environment for all members. These rules outline the expectations for behaviour and conduct to ensure that training remains enjoyable, productive, and safe for everyone.

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## 2. General Conduct

- All members must conduct themselves with **respect, integrity, and courtesy** at all times.
  - Bullying, harassment, or discrimination of any kind (including verbal, physical, or online) will not be tolerated.
  - Respect should be shown to **fellow students, instructors, visitors, and parents/guardians** at all times.
  - Members must always follow the instructions of instructors and senior club officials.
  - Foul language, aggressive behaviour, or any form of misconduct will result in disciplinary action.
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## 3. Training Etiquette

- Arrive on time for classes. If late, wait for the instructor's permission before joining the session.
  - Ensure training attire is clean and appropriate for sessions.
  - Remove all jewellery before training for safety reasons.
  - Maintain good personal hygiene, including clean hands, feet, and trimmed nails.
  - Students must show respect by acknowledging training partners and instructors before and after drills.
  - Controlled and disciplined practice is required at all times—excessive force or recklessness will not be tolerated.
  - No food, drink (except water), or gum is permitted on the training floor.
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## 4. Safeguarding & Welfare

- The welfare of all students is paramount. If any member has concerns about safety or safeguarding, they must report it to the **Club Safeguarding Officer** immediately.
  - Children under 18 must be dropped off and collected by a responsible adult.
  - Parents/guardians are welcome to observe training sessions but must do so respectfully without interrupting the class.
  - Any inappropriate, unsafe, or concerning behaviour must be reported immediately.
  - If a safeguarding issue is not taken seriously or a complaint is not resolved internally, it can be escalated to BMABA's Safeguarding Team on **01798 306546** or via email at [safeguarding@bmaba.org.uk](mailto:safeguarding@bmaba.org.uk).
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## 5. Health & Safety

- All members must complete a **medical disclosure form** before training.
  - If feeling unwell or injured, members must inform an instructor before training.
  - Only appropriate protective equipment (e.g., gloves, mouthguards) should be used.
  - No sparring or contact training is allowed without an instructor's supervision.
  - Emergency contact details must be kept up to date with the club.
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## 6. Competition & Representation

- Members representing **PlayStrong** in competitions must display the highest standards of sportsmanship.
  - Any member competing must first seek permission from the club's lead instructor.
  - Respect towards referees, officials, and competitors is mandatory.
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## 7. Club Membership & Fees

- All membership fees must be paid on time.
  - Missed payments may result in suspension from training.
  - Refunds are not provided for missed sessions unless due to exceptional circumstances.
  - Any changes to contact details must be reported to the club immediately.
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## 8. Parental/Guardian Expectations

- Parents/guardians must ensure their child arrives on time and is collected promptly.
- Encouragement and support should be given, but coaching from the sidelines is not permitted.
- Any concerns should be addressed through appropriate channels (e.g., speaking to an instructor at an appropriate time).

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## 9. Use of Social Media

- Members must conduct themselves appropriately online in relation to the club.
- Negative, defamatory, or inappropriate comments about the club, instructors, or fellow members will not be tolerated.
- Any use of social media that brings the club or students into disrepute may result in disciplinary action.

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## 10. Disciplinary Procedures

- Failure to comply with these rules may result in warnings, suspension, or permanent exclusion.
- Serious breaches of conduct may result in immediate suspension.
- All disciplinary matters will be handled fairly and in accordance with club policies.

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## 11. Amendments & Review

This policy will be reviewed annually or when necessary to reflect changes in club policy or legislation.

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## 12. Acknowledgment

By agreeing to this document, I confirm that I have read, understood, and agree to abide by the rules of **PlayStrong**.