

PlayStrong Club Rules & Code of Conduct

Effective Date: Dec 2025

Last Reviewed: Dec 2025

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.

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.

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.

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.

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.

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.

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.

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).

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.

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.

11. Amendments & Review

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

12. Acknowledgment

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