

# **CODE of CONDUCT 2022/2023**

## **WINDMILL BOXING TEAM**

### **MEMBERSHIP FEES 2022/2023**

Membership fee £35.00 per person  
Membership is valid as of 1<sup>st</sup> August 2022  
Membership expires 31<sup>st</sup> July 2023

### **SESSION FEES 2022/2023**

£3.00 per session - Members  
£4.00 per session – Non-members  
£5.00 per session – Trial session  
\* Trial sessions will take place once a month – dates to be agreed

### **RESPECT**

Staff, volunteers' members & all participants will show respect to individuals & property  
Respect the facilities, equipment, and other members of public around the venue  
We always encourage positive behaviours and attitudes at Windmill Boxing Team

### **ATTENDANCE/PUNCTUATION:**

All participants must arrive on time, late arrivals are not accepted  
Coaching team can deny entry to any late arrival or irregular participants

### **GENERAL CONDUCT:**

You must register as a 'Participant' (online) prior to attending any sessions  
If you are injured or unwell, you must not attend the session (until fit and well)  
If you fail to follow the rules – you will be asked to leave the session  
If you don't have the correct equipment, you cannot take part in all activities  
No food and drink allowed in the training areas (no chewing gum)

### **SEGREGATION:**

The coaching team will decide which sessions are suitable for you  
You cannot pick and choose sessions you want to attend

### **EQUIPMENT NEEDED (MUST HAVE):**

Hand wraps  
Boxing gloves  
Exercise clothing  
Trainers or boxing boots  
\* No sharing of equipment is permitted at Windmill Boxing Team

### **SPARRING & MEDICAL REQUIREMENT:**

No sparring without a qualified coach present  
No individual is permitted to take part in sparring without a valid medical  
All competitive boxers must undergo an annual medical before they can complete

### **IMPORTANT REMINDER:**

The club rules and guidance may change at any time (and sometimes at short notice), based on discretion of the 'Management' at the Windmill Boxing Team.

Individuals, parents or carers and other responsible persons are reminded to check and keep up to date with new guidance published on club website.

The rules apply to all participants at Windmill ABC: All participants are reminded to check on the club website regularly: [www.windmillabc.weebly.com](http://www.windmillabc.weebly.com)