

WINDMILL BOXING TEAM - CODE of CONDUCT 2024-2025

Membership Fees 2024/2025

Membership fee £40 per person
Membership valid as of 1 July 2024
Membership expires 30 June 2025

Session Fees

£4.00 per session - Members
£5.00 per session – Non-members

Respect

All Staff, Volunteers' Members & Participants will show respect to individuals & property. Respect the facilities, equipment, and visitors around the venue and training spaces. We always encourage positive behaviours and attitudes at Windmill Boxing Team.

Attendance/Punctuality

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.
No Spectators in the gym – if you are not training, please leave the building.

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 & Medicals:

No sparring without a qualified Level 2 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