

Windmill Amateur Boxing Club

CODE of CONDUCT 2023/2024

MEMBERSHIP FEES 2022/2023

Membership fee £40 per person.

Membership is valid as of 1 July 2023.

Membership expires 30 June 2024.

SESSION FEES 2023/2024

£4.00 per session – Members.

£5.00 per session – Non-members.

Weekly offer for members only - £10 per week.

RESPECT

Staff, volunteers' members & all participants will show respect to all individuals/visitors and their property/belongings.

Respect the facilities, equipment, and other members of public around the venue.

We always encourage positive behaviors 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
- Towel and spare jacket/tracksuit top

* 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.

No sparring at any other club without permission from coaching team.

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, care workers 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