



## THE BARN BOXING & FITNESS LTD INDIVIDUAL MEMBERSHIP POLICY & MEDICAL INFO

**CONFIDENTIAL – The details recorded in this document are solely for H&S reasons and to ensure quality of service throughout your time at The Barn**

Dear *MEMBER*,

On behalf of The Barn Boxing & Fitness, I would like to welcome you to the club and provide you with some information about our activities. The club provides boxing opportunities for young people from the age of 7 to adults to receive coaching and competition. All coaching is by qualified England Boxing coaches who are trained and have been screened for their suitability for working with young people.

The club is presently applying for Sport England's Clubmark, which is awarded to clubs by the England Boxing when the club is able to demonstrate that it meets the England Boxings club accreditation programme criteria as to boxing programme; child protection; sports equity and ethics and club management. Clubmark is an acknowledgement that we take these issues seriously and that we are striving to provide a high quality and welcoming environment for all participants in the sport.

This club has adopted and abides by the England Boxing Child Protection Policy and the ABAE Equity Policy. Both documents can be viewed/ downloaded on the England Boxing website at [www.englandboxing.org](http://www.englandboxing.org). We welcome parents to all training and competitions and value your support.

Below is some information about adult training times and dates. At the time of this letter, boxing training sessions take place on *MONDAY & THURSDAY* at 19.00 at *The Barn Boxing & Fitness, OX18 2SP*. *Additional sparring or technical sessions are arranged and participation is by invite only.*

Arrangements should be made for you to travel to and from training sessions. We appreciate it if participants can arrive promptly and leave promptly at the end of the session. The club has a class fee of £7.50/session and this should be paid on the day of the class. Membership options are available – at the time of this letter, membership costs £45 per month and should be paid on 1<sup>st</sup> of the month.

We would be grateful if you could complete the attached club membership form. For your and other members safety it is important that the club is informed of any medical condition or allergies that may be relevant should you fall ill or be involved in an accident while at the club. We aim to include all participants equally in our sessions – if there is any additional information which would be helpful in understanding how best to ensure you enjoy your time safely at The Barn, please disclose this on the form below.

If you would like to talk to someone at the club about this information or your involvement with the club, please contact Tom Brennan on the contact number above.

We thank you for your cooperation and look forward to meeting you at some point in the future.

Yours sincerely,

**Harriet Healey**

**POSITION: Coach**

Name	
DOB	
Address	
Post Code	
Contact Tel	
Email Address	

<p><b>EMERGENCY CONTACT DETAILS</b></p> <p><b>ONE:</b></p> <p>Name:</p> <p>Address:</p> <p>Home Tel:</p> <p>Mobile Tel:</p> <p>Relationship to Member:</p> <p><b>TWO:</b></p> <p>Name:</p> <p>Address:</p> <p>Home Tel:</p> <p>Mobile Tel:</p> <p>Relationship to Member:</p>	
<p><b>Please read the questions below carefully and answer each one honestly (check YES or NO):</b></p>	<p><b>YES/NO – Give Details if YES</b></p>
<p>Has your doctor ever said that you have a heart condition <b>OR</b> high blood pressure?</p>	
<p>Do you feel pain in your chest at rest, during your daily activities of living, <b>OR</b> when you do physical activity?</p>	
<p>Do you lose balance because of dizziness <b>OR</b> have you lost consciousness in the last 12 months? Please answer <b>NO</b> if your dizziness was associated with over-breathing (including during vigorous exercise).</p>	
<p>Have you ever been diagnosed with another chronic medical condition (other than heart disease or high blood pressure)?</p>	
<p>Are you currently taking prescribed medications for a medical condition?</p>	
<p>Do you have a bone or joint problem that could be made worse by becoming more physically active? Please answer <b>NO</b> if you had a joint problem in the past, but it does not limit your current</p>	

ability to be physically active. For example, knee, ankle, shoulder or other.	
Has your doctor ever said that you should only do medically supervised physical activity?	
Are you aware of any serious communicable diseases you carry? This is an important consideration when participating in contact aspects of boxing – saliva, blood and sweat are potential risks for other participants.	
Do you declare a disability? If yes, please provide any relevant information or special assistance or support you may require during your time at The Barn.	
Is there any other medical information which we should know prior to you undertaking activities at The Barn?	

**If you answered YES to one or more questions:** You should consult with your doctor to clarify that it is safe for you to become physically active at this current time and in your current state of health. You must inform and seek guidance from your Doctor that the training at The Barn includes full contact sparring & high intensity work.

**If you answered NO to one or more questions:** It is reasonably safe for you to participate in physical activity, gradually building up from your current ability level. A fitness appraisal can help determine your ability levels.

**I have read, understood and accurately completed this questionnaire. I confirm that I am voluntarily engaging in an acceptable level of exercise, and my participation involves a risk of injury.**

#### **DECLARATION AND AUTHORISATION**

I confirm that the information given is a true and accurate statement. I understand that if I have declared any of the conditions listed, further information may be requested. Please be aware that it is your responsibility to inform us if there is a change to any of your answers on the PAR-Q.

<b>Member Signature:</b>	<b>Date:</b>
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Having answered **YES** to one of the questions above, I have sought medical advice and my GP has agreed and aware that I may participate in all aspects of boxing training including sparring.

<b>Member Signature:</b>	<b>Date:</b>
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Note: This PAR Q becomes invalid if your condition changes so that you would answer YES to any of the 7 questions.



## PHOTOGRAPHY PERMISSIONS

Sometimes, photographs and videos are taken in the gym. These are used to evaluate training, as a coaching aid to support technical reflection and learning and on social media to promote the gym.

*I agree to myself being the subject of appropriate photography and other visual media as outlined in the ABAE 'Child Protection Policy' [Photography]*

*I agree to correctly taken images of myself being used on appropriate ABAE web site[s] publications and other appropriate media (including The Barn's social media) authorized by the ABAE Limited from time to time.*

If you do not consent to photographs/videos being taken of the participant, please confirm by circling "No" here:

Consent: YES      NO

**FULL NAME OF MEMBER:**

**SIGNATURE:**

**DATE:**



## **RULES FOR MEMBERS**

*The Barn Boxing & Fitness Ltd* is fully committed to safeguarding and promoting the wellbeing of all its members. The club believes that it is important that members, coaches, administrators and parents associated with the club should, at all times, show respect and understanding for the safety and welfare of others. Therefore, members are encouraged to be open at all times and to share any concerns or complaints that they may have about any aspect of the club with *our Welfare Officer, Jonny Harris*.

As a member of *The Barn Boxing & Fitness* you are expected to abide by the following code of conduct:

All members must act within the rules and respect officials and their decisions.

All members must respect the rights, dignity and worth of all participants regardless of gender, ability, cultural background or religion.

Members should keep to agreed timings for training and competitions or inform their coach or team manager if they are going to be late.

Guests to the gym must be declared to Tom or Harriet & must pay £7.50/session when accompanying a member.

Members must wear suitable kit – (*comfortable training clothes, clean trainers or boxing boots, boxing gloves, handwraps, headguards and gumshield for contact work*) – for training and competition sessions, as agreed with the coach/team manager.

Members must pay any fees for training or events promptly.

Members are not allowed to smoke on club premises or whilst representing the club at competitions.

Members are not allowed to consume alcohol or drugs of any kind on the club premises or whilst representing the club.

As an Individual Member of The Barn Boxing & Fitness, you agree not to act against the interests of The Barn Boxing & Fitness or the sport of boxing and not to harm the reputation of The Barn Boxing & Fitness or the sport of boxing in any way.

Any injury or illness you may encounter during your time in a class or at the gym must be reported to the owner or person running the class.

Individual Members are responsible for assuring that they are fit to take part in all activities in The Barn Boxing & Fitness premises & competitions. This may include advice from a Doctor. Individual Members must use the facility and equipment safely and according to the instructions provided. Individual Members agree to indemnify The Barn Boxing & Fitness and its instructors against any claim arising out of any i

The Barn Boxing & Fitness Rules may be revised, updated and amended from time to time.

Declaration: I (MEMBER)..... agree to abide by the membership rules outlined above.