

**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 *PARENT/CARER*,

On behalf of The Barn Boxing & Fitness, I would like to welcome your family to the club and provide you with some information about our activities. The club provides boxing opportunities for young people from the age of *10* 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 or vulnerable people. We also offer the use of our facilities to members and pay as you go clients who wish to train independently or receive 1:1 private coaching outside of boxing.

The club has been awarded 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 young 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. We welcome parents to all competitions and value your support. We do not allow spectators inside the gym during group boxing classes. A parent or guardian must be present at any 1:1 coaching sessions.

We are proud to work with Oxfordshire County Council, Thames Valley Police & local schools to offer boxing and fitness opportunities to groups of young people outside of our usual timetable. Our work with these organisations has proven to improve participants confidence, physical & mental health & behaviour. These workshops are often funded by the organisations listed or private sponsors. Sometimes we have a limited number of paid spaces available.

At the time of this letter, our timetabled group training sessions take place on *MONDAY & THURSDAY, 1900 for participants aged 10+.* We rely heavily on parent’s judgement as to whether the session is suitable for their child – the environment is an adult one and we expect focus and best efforts from all participants.

Arrangements should be made for your child to travel to and from training sessions. We appreciate it if children can arrive promptly and are collected promptly at the end of the session, if they are not making their own way home. If you are going to be late picking your child up, please contact *Tom Brennan* on *0785253447* and let him know. The club has a small class fee of *£5.00/session for 12 years and under and £7.50 for 13+* and this should be paid on the day of the class.

We would be grateful if you could complete the attached junior club membership form. For the safety of your child it is important that the club is informed of any medical condition or allergies that may be relevant should your child 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 your child enjoys their time safely at The Barn, please disclose this on the form below.

***Boxing is a combat sport and training includes working with other participants to develop practical skills. These skills include throwing punches, blocking punches, footwork, head movement, supervised sparring, bag work and other aspects of full contact boxing. Improving health and fitness is a huge part of any boxing journey and therefore we include conditioning work in some sessions. This can include age appropriate circuits, cardio work and high intensity bag work. We encourage everybody to display their best effort in these sessions. Please discuss this with the young person due to attend our boxing sessions and ensure they are aware that this is what boxing is.***

If you would like to talk to someone at the club about this information or your child’s involvement with the club, please contact Harriet Brennan on the contact number below.

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

Yours sincerely,

**Harriet Brennan**

**07946200684**

**POSITION: Coach**



**MEDICAL INFORMATION**

|  |  |
| --- | --- |
| Name (Participant)  |  |
| DOBEthnicitySchool Attended |  |
| AddressPost Code |  |
| Contact Tel |  |
| Email Address |  |
| Emergency Contact Details**ONE:**Name:Address:Home Tel:Mobile Tel:Relationship to Member:**TWO:**Name:Address:Home Tel:Mobile Tel:Relationship to Member: |  |
| **Please read the questions below carefully and answer each one honestly on behalf of your child (check YES or NO):** | **YES/NO – Give Details if YES** |
| Have you ever been diagnosed with a chronic medical condition? |  |
| Are you currently taking prescribed medications for a medical condition? |  |
| Do you have a bone or joint problem that could be made worse by becoming more physically active? Please answer **NO** if you had a joint problem in the past, but it does not limit your current 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? |  |
| 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? (Please include allergies, any mental health diagnosis and anything which will ensure we have all the information required to support your child during their time with us) |  |

**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.

**INDEPENDENT TRAINING**

**Participants under the age of 16 are not permitted to use the gym without one of our coaches present.**

**Participants aged between 16-18 years old are permitted to use the gym independently with parent’s consent. We expect the following:**

* **When training alone, participants will provide their own means of calling services in the event of an emergency.**
* **I understand that I have given permission for the participant to use The Barn alone during independent sessions & accept the responsibility of my child’s welfare at all times.**
* **I accept liability for any damage to equipment caused by the young person I am responsible for. Where appropriate, I will replace or repair kit damaged through misuse.**
* **When using the facilities at The Barn, I will be sure to avoid any risk of injury or damage to myself, others and equipment wherever reasonably possible.**

**DECLARATION AND AUTHORISATION**

**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.**

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. I confirm that I give permission for my child to participate in full contact boxing under the supervision of England Boxing Qualified Coaches.

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.

**Member/Parent/Carer Signature: Date:**

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.

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**Member/Parent/Carer Signature: Date:**

I confirm that I give permission for my child aged 16-18 years old ro train independently in accordance with the terms above.

*Please tick*

**Yes:**

**No:**

**Member/Parent/Carer Signature: Date:**

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 (if training) or my son / daughter 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/my son/daughter 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 PARENT OR GUARDIAN:***

***RELATIONSHIP:***

***SIGNATURE:***​​​

***DATE:***​



**RULES FOR JUNIOR 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 junior 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.

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.

Any contact drills or sparring MUST be supervised by a qualified England Boxing Coach L2. If the L2 Coach is not one of The Barn Coaches, written permission must be obtained from Tom Brennan or Harriet Brennan. Anybody who participates in contact boxing without supervision will have membership & training benefits revoked effective immediately and indefinitely.

Junior members are not allowed to smoke on club premises or whilst representing the club at competitions. Junior members are not allowed to consume alcohol or drugs of any kind on the club premises or whilst representing the club.

Declaration: I (Junior Member)……………….. agree to abide by the membership rules outlined above.