

- 1. Please bow on entering and exiting the gym.**
- 2. Punctuality. Show up on time. It is important to warm up prior to any session.**
- 3. No shoes on the mat. Clean soled trainers or boxing boots are acceptable.**
- 4. Have and bring your own gear. Please make sure you have the required kit to progress and take care of yourself and training partners. Gloves, shin pads, groin guard, gumshield, body shield(juniors), handwraps, club t-shirt and shorts.**
- 5. Wash /air out /sanitize your gear!**
- 6. Training when sick. Stay at home instead to recover quicker.**
- 6. Indecent exposure. Wear compression underwear! Please turn up ready to train or use the toilet to change in private.**
- 7. Listen carefully when the trainers are talking.**
- 8. Do what you're told. No horseplay or fooling around.**
- 9. Sparring etiquette. Don't spar at 100%. Juniors NO head contact. The idea of sparring is NOT to win but to practise techniques, timing, develop reflexes and have fun. Clinch hard, knee softly.**
- 10. Take your empty bottles and equipment home.**

**11. Respect everyone No egos or bullies will be tolerated.**

**12. Be helpful to all members and consider less experienced members. Set the example.**

**13. Have realistic expectations. You're not going to win a world title training once per week!!! You get what you put in.**

**14. Pay your fees on time.**

**15. Any member who does not observe the rules will be expelled from the gym.**

**16. Harassment, in any form, and for any reason whether predicted on age, gender, race, religion will not be tolerated.**