

# Dominguez Boxing Club Code of Conduct and Policy

Welcome to Dominguez Boxing Club. Our goal is to provide a safe, supportive, and effective environment for all members. To ensure the best experience for everyone, we have established the following policies and rules. Please read through the document carefully. By signing below, you agree to adhere to the policies set forth.

## General Rules and Expectations

### Respect and

Treat all staff, trainers, and fellow members with respect and courtesy at all times.

Use appropriate language and behavior; bullying, harassment, or disruptive behavior will not be tolerated.

### Punctuality

Be on time for classes and training sessions. If you are late, you may not be allowed to participate in the full session.

Notify the gym if you will miss a session, especially for scheduled one-on-one sessions.

### Cleanliness and Hygiene

Always maintain personal hygiene. Please wear clean training gear.

Use a towel when using gym equipment or training on mats.

Wipe down all equipment and surfaces after use.

Ensure your hands and feet are clean before using shared equipment.

### Safety and Equipment

Always wear appropriate boxing gear, including hand wraps, gloves, and mouthguards, when sparring or training.

Do not use any equipment for purposes other than what it is intended for.

If equipment is damaged, immediately report it to staff so it can be fixed or replaced.

### Sparring and Training

Sparring will only be allowed with prior permission from your trainer and when appropriate gear is worn.

Communicate with your sparring partner and trainer to ensure proper techniques and safety.

Aggressive behavior or unsafe training practices are strictly prohibited.

### Gym Hours and Access

Follow the gym's hours of operation. Members are not permitted to enter the gym outside of regular hours without prior approval.(hours can change with out notice)

All personal belongings should be stored in designated areas. The gym is not responsible for lost or stolen items.

### Alcohol and Drug Policy

The use of alcohol or drugs (including performance-enhancing drugs) is strictly prohibited on gym premises.

If you are found to be under the influence of alcohol or drugs while training, you will be asked to leave the gym immediately.

### Member Conduct

Personal disagreements should be handled respectfully and privately. Physical altercations or threats will result in immediate expulsion from the gym with no refund.

Discrimination, intimidation, or harassment of any kind will not be tolerated.

### Age and Health Restrictions

All members must be at least [6] years of age to train. Parental consent is required for members under [18].

Members should consult with a healthcare provider before starting any training, especially if they have pre-existing medical conditions.

### Gym Events and Competitions

Participation in any gym events or competitions must be cleared with a trainer.

Members are expected to represent the gym positively both in and outside the facility.

## Liability Waiver and Signature

By signing below, I acknowledge and agree to follow the rules and policies listed in this document. I understand that failure to adhere to these rules may result in suspension or termination of my membership. Additionally, I recognize that training in boxing and other physical activities involves inherent risks, and I assume full responsibility for any injuries or damages incurred during my participation.

I confirm that I have read and understood the gym's policies and rules.

**Member Name**

(Printed): \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

## Trainer/Staff Signature (if applicable)

Trainer/Staff Name (Printed): \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_