Code of Conduct for Adults

Pro Martial Arts Schools offer a positive experience for adults where you can learn and engage in the art of Kickboxing in a safe, friendly and positive environment.

As a member of Pro Martial Arts Schools, you are expected to abide by the following Adult Code of Practice.

Adults are expected to:

• Be friendly and particularly welcoming to new members.
• Report any inappropriate behaviour or risky situations for other members.
• Not use violent or aggressive behaviour towards other members or the Instructing team.
• Not use bad language or inappropriate language.
• Show respect to other members.
• Not criticise or 'make fun of' another member's ability.
• Not to be involved with bullying, in or out of the club, including inciting bullying.
• Listen to all instructions from the Instructor and Coaching Team.
• Always arrive for class on time.
• Only wear an official PMAS uniform issued by the club when training.
• Mark their attendance on the register.
• Remove any jewellery before class starts.
• Inform the Instructor if they have any injuries prior to or sustain during training.
• Only use equipment purchased through Pro Martial Arts Schools during class.
• Keep within the defined boundary of the coaching area.
• Treat equipment used, provided and owned by Pro Martial Arts Schools with respect.
• Always wear your kickboxing belt when training as this allows the Instructors to be able to teach you the correct technique needed to help you reach your next grade.
• Ensure all mobile phones are switched off or switched to silent before the start of class.

Adults have the right to:

• Be safe in their chosen activity.
• Be respected, treated fairly and in a non-judgemental way.
• Privacy & confidentiality where appropriate.
• Enjoy sport in a safe environment.
• Participate on an equal basis, appropriate to their ability.
• Ask for help and receive help where possible.

We expect all adults to adhere to the behaviours and requests set out in this code. For the welfare of other members and our staff, breaches of this code may result in us regrettably asking you to leave the club.