



Code of Conduct

The Code of Conduct below helps to promote an atmosphere of respect for ourselves, our training partners and our Instructors.

These rules are also essential for a safe training environment for all students and Instructors.

- Pay attention to all Instructors at all times and not to other distractions.
- Show respect to your Instructors and fellow students at all times.
- Always aim to attend the class on time or at least 5 mins before.
- Students should remove all jewellery before class, for their own safety and others.
- It is advisable to wear comfortable clothing which will not restrict movement for their training and that the appropriate attire must be worn (ask your instructor for suitable clothing/ equipment required per discipline).
- For hygiene and the comfort of all training clothing/equipment must be washed and be clean.
- Do not use the club equipment unless authorised by your Instructor. Please do not borrow other student's equipment without his/her permission.
- Students must always keep their finger and toenails clipped and clean for their own safety and for the safety of their training partners.
- No chewing gum during training or in classes.
- Shoes must be removed before stepping on to the mats. Flip flops are to be worn from the changing rooms to the matted area and be left outside the hall.
- Never lose your temper in training, especially in self defence, or free sparring. Refrain from impetuous and violent behaviour and do not spar without the permission of the Instructor.
- When sparring the most skilled and/or higher grade student must work at the level of the less skilled/lower grade student.
- Good sporting spirit & behaviour is important, the skills you learn can cause injury. Always treat your training partner with common courtesy and aim to exercise control and accuracy at all times.
- Sparring is not mandatory. If you do not wish to spar, please inform one of the Instructors and they will arrange alternative drills for you during your sparring sessions.
- Please keep non-class related conversations with fellow students for before or after class. Keep talking to a minimum during rest periods and please do not talk at all while the class is in session unless you have a specific question to ask the Instructor.
- Refrain from any behaviour which constitutes as bullying.



- If you have any complaints please report your problems to any of the Instructors.

- If in the unlikely event you injured yourself, you will be taken care of by one the club's qualified first aiders. Simply notify your training partner to let the Instructor know you have an injury, or attract the attention of the Instructor yourself.

- Never leave litter. For this reason we don't allow any food into the training hall except a bottle of water. Take all empty bottles with you and don't leave anything behind at the end of class.

- Clothing is to be left in the changing rooms and not brought into the gym (only training equipment such as gloves / gum shields etc and water bottles are allowed into the classes.

Thank you for you cooperation and support towards Evolution Martial Arts and Fitness academy and your fellow students.

A handwritten signature in black ink, appearing to read "Paul Shears", with a stylized flourish at the end.

Paul Shears
Lead Instructor