



Squad Boxers Code of Conduct

To be part of the squad you must help the coaches here protect your safety, wellbeing and the integrity of the club by complying with the following code of conduct.

Please remember that the coaches at Redditch Boxing Academy are volunteers and your membership does not give you exclusive rights over any coach's time. All coaches will commit their time to the boxers that show effort and cooperation.

To be a squad boxer you must:

- Commit to at least three squad sessions a week
- Respect your coach and fellow boxers
- Respect the gym and its equipment
- Listen to instructions and follow rules within the gym
- Turn up on time to training sessions
- Make sure that appropriate training equipment is worn at all times including gum shield.
- Not under any circumstances train or spar at other boxing gyms or with other coaches without the assistance or approval of the head coach.
- Attend the sessions with a positive attitude to training and hard work.
- Follow training programmes that have been set up for you.
- Follow a healthy diet and ensure you are correctly hydrated ready for training.
- Inform your coach of any injuries or medical conditions.

I..... have read, understand and agree to the above.

Failure to comply with the above may result in a temporary or permanent ban from the club at your coaches' discretion