



CODE OF CONDUCT

Club Name HIGH WYCOMBE AMATEUR BOXING CLUB

Date Updated 13/06/08

This document informs members of the above club of the requirements for safe participation in their activity. Please read it carefully.

High Wycombe Amateur Boxing Club does not condone any activities outside the remit of this Code of Conduct and encourages individuals, in the interests of their personal safety, not to participate in activities not covered by this document.

Key principles:

- High Wycombe Amateur Boxing Club aims to operate in an environment where people show respect for others and their property. "Respect" is defined as consideration for another's physical and emotional well being and possessions to ensure no damage or deprivation is caused to either.
- HWABC aims to operate in an environment free from harassment. "Harassment" is defined as any action directed at an individual or group, which creates a hostile, intimidatory or offensive environment.

General:

- Members must disclose to the appointed medical officer of any medical condition that may affect any first aid situation should it arise
- Members should not eat or drink large quantities at least 1 hour prior to training or participating except for water
- Members should make sure they have eaten within the four hours prior to training
- Members are required to abide by the rules and regulations set down by the Department of Physical Education and Sport when using facilities
- Please sign in before any training

Training:

- Members should take care when training, making sure they do not over exert themselves
- Members should train with someone approximately their own size and ability when doing pad work
- Members should pay attention to the instructor and exec members and follow instructions **at all times.**

National Governing Body Code of Practice:

- (<http://www.abae.co.uk/>)

Coaching:

- Club sessions will be run by Instructors of High Wycombe Amateur Boxing Club and occasionally by other fully qualified assistant instructors
- The instructor should be aware of the ability and experience of the members training
- All members must follow the instructions of the coach during training sessions.

Equipment:

- Normal sports clothing is acceptable but shorts and T-shirts are ideal
- Please make sure your clothing is clean
- Hand wraps and gloves for the normal sessions and a box, gum shield for the advanced session should be bought by members
- Visual inspection of what equipment members have is taken and training is restricted accordingly
- Gloves should be put away neatly after each class.
- Bag gloves are to be used on pads and bags, if you wish to use big gloves – bring your own.
- Big gloves belonging to the Club to be used for sparring **ONLY**
- Equipment should be used under the supervision of the coach or senior member of the management committee present
- Members may use their own equipment.
- If the Coach is not satisfied that the equipment has been adequately checked they may prevent the usage of this equipment by any member of the Club.

Facilities:

- Members are required to abide by the rules and regulations set down by ABAE and High Wycombe Amateur Boxing Club
- Members are required to abide by the rules and regulations of each and any operator of facilities used by the Club
- Members should leave the facilities in the condition that they found them in as far as is reasonably practicable

Health and Safety Responsibilities:

- A designated coach is responsible for Health & Safety within the club
- The designated coach is first aid trained
- Each individual member should ensure they familiarize themselves with the risks inherent in the activity and should take every recognized precaution to avoid risk to themselves and others, as detailed in the club's risk assessment, which is available from any instructor.
- No member or instructor should attend the Club under the influence of drugs or alcohol.
- Consent forms must be completed before training

First Aid/ Accident Reporting:

- Initial first aid is provided by the instructor.
- Any injuries/incidents or near misses whether at training, during matches/events home or away must be reported to an instructor by filling in an accident/Incident Report Form.
- First aid kits are provided for club use and can be obtained from the office

Please remember:

The club's aim is that every member has an enjoyable time and that no pressure be placed on any member to do anything they may not enjoy.

All coaches are volunteers; please treat them with respect as without them the club would not be able to run.

The coach's word is final - if you don't respect this you will be asked to leave.