



Gesar Karate Club CIC Club Rules & Code of Conduct

Effective Date: 15/01/2026

Last Reviewed: 15/01/2026

1. Introduction

Gesar Karate Club CIC is committed to maintaining a respectful, safe, and inclusive environment for all members. These rules outline the expectations for behaviour and conduct to ensure that training remains enjoyable, productive, and safe for everyone.

2. General Conduct

- All members must conduct themselves with **respect, integrity, and courtesy** at all times.
- Bullying, harassment, or discrimination of any kind (including verbal, physical, or online) will not be tolerated.
- Respect should be shown to **fellow students, instructors, visitors, and parents/guardians** at all times.
- Members must always follow the instructions of instructors and senior club officials.
- Foul language, aggressive behaviour, or any form of misconduct will result in disciplinary action.

3. Training Etiquette

- Arrive on time for classes. If late, wait for the instructor's permission before joining the session.
 - Bow upon entering and leaving the training area as a sign of respect.
 - Ensure training attire (e.g., gi, shorts, rash guards) is clean and appropriate for sessions.
 - Remove all jewellery before training for safety reasons.
 - Maintain good personal hygiene, including clean hands, feet, and trimmed nails.
 - Students must show respect by acknowledging training partners and instructors before and after drills.
 - Controlled and disciplined practice is required at all times—excessive force or recklessness will not be tolerated.
 - No food, drink (except water), or gum is permitted on the training floor.
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4. Safeguarding & Welfare

- The welfare of all students is paramount. If any member has concerns about safety or safeguarding, they must report it to the Club Safeguarding Officer immediately.
 - Children under 18 must be dropped off and collected by a responsible adult.
 - Parents/guardians are welcome to observe training sessions but must do so respectfully without interrupting the class.
 - Any inappropriate, unsafe, or concerning behaviour must be reported immediately.
 - If a safeguarding issue is not taken seriously or a complaint is not resolved internally, it can be escalated to BMABA's Safeguarding Team on 01798 306546 or via email at safeguarding@bmaba.org.uk.
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5. Health & Safety

- All members must complete a medical disclosure form before training.
 - If feeling unwell or injured, members must inform an instructor before training.
 - Only appropriate protective equipment (e.g., gloves, mouthguards) should be used.
 - No sparring or contact training is allowed without an instructor's supervision.
 - Emergency contact details must be kept up to date with the club.
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6. Competition & Representation

- Members representing Gesar Karate Club CIC in competitions must display the highest standards of sportsmanship.
 - Any member competing must first seek permission from the club's lead instructor.
 - Respect towards referees, officials, and competitors is mandatory.
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7. Club Membership & Fees

- All membership fees must be paid on time.
 - Missed payments may result in suspension from training.
 - Refunds are not provided for missed sessions unless due to exceptional circumstances.
 - Any changes to contact details must be reported to the club immediately.
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8. Parental/Guardian Expectations

- Parents/guardians must ensure their child arrives on time and is collected promptly.
 - Encouragement and support should be given, but coaching from the sidelines is not permitted.
 - Any concerns should be addressed through appropriate channels (e.g., speaking to an instructor at an appropriate time).
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9. Use of Social Media

- Members must conduct themselves appropriately online in relation to the club and all organisations associated with the club.
 - Negative, defamatory, or inappropriate comments about the club, associated organisations, instructors, or fellow members will not be tolerated.
 - Any use of social media that brings the club or associated organisations into disrepute may result in disciplinary action.
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10. Disciplinary Procedures

- Failure to comply with these rules may result in warnings, suspension, or permanent exclusion.
 - Serious breaches of conduct may result in immediate suspension.
 - All disciplinary matters will be handled fairly and in accordance with club policies.
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11. Amendments & Review

This policy will be reviewed annually or when necessary to reflect changes in club policy or legislation.

12. Acknowledgement

By signing below, I confirm that I have read, understood, and agree to abide by the rules of **Gesar Karate Club CIC**.

Member's Name: _____

Signature: _____

Date: ____ / ____ / ____

For members under 18, a parent/guardian must sign:

Parent/Guardian Name: _____

Signature: _____

Date: ____ / ____ / ____