

# **UNIVERSITY OF LEICESTER KARATE CLUB**

## **CODE OF PRACTICE**

### **AFFILIATION**

The club is affiliated to the Amateur Martial Arts Association.

### **TRAINING**

All training must be carried out under the supervision of a qualified coach.

New members must be assessed by the coach to determine the level at which they may train. The coach's decision on this is final.

All new members will receive written information on etiquette, training, and safety before their first training session.

Members can only grade if they have trained regularly for at least three months. If the coach feels that a member should not grade, that decision is final.

A qualified first-aider will always be present at training sessions and gradings with a first-aid kit.

If an injury requires further treatment, the sports hall staff on duty must be notified immediately.

If an injured person requires immediate hospital treatment, he/she must be accompanied by someone from the club delegated by the coach or club captain.

All injuries must be reported to the coach at the start of a training session, or as they occur during a training session. The coach will decide if the member may continue to train.

All injuries must be logged by the coach.

Members must inform the coach of any medical condition that might affect their ability to train. Any such condition must be logged by the coach.

All personal information concerning members must be kept in the strictest confidence.

### **PERSONAL SAFETY**

Members must observe the etiquette of karate and the club's code of practice at all times.

The coach's instructions must be strictly observed.

Every member must have a valid Sports card that includes the Sports

Association's sports injury insurance.

Suitable clothing must be worn.

Finger and toenails must be kept short.

Jewellery must not be worn in the dojo.

Mobile phones must be turned off before entering the dojo

### **DISCIPLINE**

Anyone who infringes the safety and etiquette of karate, or who disregards instructions from the coach, will be warned by the coach or the club captain that any further breaches may result in expulsion from the club.