

Art of Defence Australia (A.D.A) Pty Ltd

Code of Conduct

- ❖ **All memberships/insurance must be current and financial.**
- ❖ **All uniforms must be clean and belts and sashes to be worn at all times.**
- ❖ **Each uniform must be altered so that the sleeves rest between the elbow and the wrist, and the pant legs to be between the shin and ankle. All cuffs are to be sewn on the inside so that fingers cannot be caught in them.**
- ❖ **All fingernails and toenails are to be short; none are to protrude beyond the finger/toe, and jagged nails need to be trimmed, (otherwise, nails are to be taped with strapping tape.)**
- ❖ **Only a white t-shirt or crop top may be worn under the Karate uniform.**
- ❖ **No jewellery to be worn during training sessions, (otherwise must be taped. No responsibility taken for lost/stolen items.**
- ❖ **On entering and leaving Dojos, always bow respectfully.**
- ❖ **All members must follow full etiquette and safety rules and regulations; bad manners and swearing will not be tolerated.**
- ❖ **All members are to address all Black Belts as “Sensei” and all Black Sashes as “Lao Shir”.**
- ❖ **All mobile phones are to be turned off in class, unless prior exemption authorised.**
- ❖ **No responsibility will be taken for unsupervised spectators.**
- ❖ **No eating or chewing gum.**
- ❖ **No food or drink other than water is to be brought into the Dojo.**
- ❖ **All members should arrive at the Dojo at least 10 minutes prior to class commencing.**
- ❖ **Parents/Guardians need to arrive INSIDE the Dojo at least 10 minutes prior to class closure when picking up children.**
- ❖ **All protective gear must be brought to each Karate training session. Mitts, mouthguards, breast protectors, groin guards, forearm and shin/instep protectors are COMPULSORY; otherwise, you may be excluded from certain activities N.B protective gear is automatically organised for you.**
- ❖ **Any injuries must be reported immediately to your instructor.**
- ❖ **Any physical ailments ought to be advised prior to each class.**
- ❖ **No running or messing around in the Dojo prior to class.**
- ❖ **Fellow students should be treated with respect and as comrades.**

A.1 Objectives

ADA has the following as its key objectives:

1. Providing instruction in a safe environment in the Martial Arts of Karate and Internal Kung Fu.
2. Developing the mental and physical tools for improving personal safety and security.
3. Promotion of good health and vitality.
4. Development of positive self esteem and self confidence.
5. Development of a person of a positive role model in the community.
6. Creating expertise in confrontation management.
7. Pro-active crime prevention through increased awareness and positive attitudes.
8. Developing healthy community attitudes and values.

All persons participating in a class or course conducted by ADA must agree to be bound by this Code of Conduct. ADA reserves the right to make amendments or additions to this Code of Conduct at any time.

A.2 Participant Understanding

We teach contact Martial Arts, meaning it involves physical contact with one or more other practitioners in ways designed to simulate as closely as possible the self defence options available to a practitioner when confronted with physical aggression and/or threatening behaviour.

As in any other physically demanding recreational activity, there is always a risk of injury. Any person participating in a class conducted by ADA does so with the full understanding that whilst it is the policy of ADA to minimise this risk, the nature of contact physical activity prevents its total elimination.

Persons participating in a class conducted by ADA do so of their own volition and at their own risk.

A.3 Instructor Qualifications

1. All instructors have either a current National Coaching Accreditation Scheme (NCAS) or Martial Arts Instruction Accreditation Scheme (MAIA) qualification.
2. All instructors are bound by the "Instructor's Code of Ethics" of the Martial Arts Industry Association.
3. All instructors must have approved Senior First Aid Certification.
4. All instructors must have in place appropriate and separate Public Liability and Professional Indemnity Insurance.
5. All instructors will be bound by this Code of Conduct and the National Code of Practise for Martial Arts Instructors.

A.4 Safety

1. Instructors will ensure that the training area is clear of any dangerous and/or sharp objects that may provide a risk of injury.
2. Instructors will have access at all times to a fully equipped first aid kit. The kit will be of the minimum standard of a St Johns Industrial First Aid Kit or equivalent.
3. All persons participating in training agree to maintain self-control at all times and maintain all care in the application of any technique.
4. Any person who, in training, exhibits behaviour that, in the judgement of the instructor is a danger to other participants, shall not be allowed to continue training until the instructor determines the danger is no longer present.

A.5 Training Area Etiquette

1. Persons will bow in the appropriate manner upon entering the Training Area.
2. Shoes must be taken off before entering the training area unless the shoes are special martial arts footwear approved by the instructor.
3. Persons must be punctual, preferably early, so that they are ready to train when class commences. If arriving late, a person must wait at the side of the Training Area until the instructor indicates that a person may join the class.

A.6 Sickness or Injury

1. Persons must not train if they are suffering from the flu or other viral infection that may be passed on to other persons.
2. Persons must advise the instructor if suffering from any injury or medical condition, either permanent or temporary, which may be adversely affected by certain types of training. Some examples of this may include blood pressure problems and cardiac disorders, neck and back injuries, diabetes and asthma.
3. If requested by the instructor, persons with the above or like conditions must show this Code of Conduct to their physician and secure a medical certificate clearly stating that the person is able to participate in classes conducted by ADA and whether there are any restrictions or conditions applicable.

A.7 Other Health Issues

1. Persons must not attend training under the influence of alcohol or illegal drugs.
2. Smoking is not allowed in the Training Area.
3. Persons training must give proper attention to personal hygiene and exhibit clean grooming.
4. Persons with a cut or bleeding injury must cease training immediately and receive appropriate first aid. Rejoining the training session will not be allowed until the instructor has deemed that it is safe to do so.
5. Persons administering first aid to a person suffering a cut or bleeding injury must wear protective gloves.

A.8 Training Area Ethics

1. Persons must always be courteous and helpful to each other.
2. Physical contact between persons who are training must be appropriate to the situation and necessary for the skill development of those persons.
3. Sexual harassment, defined as being where a person is subjected to unwanted or uninvited sexual behaviour will not be tolerated.
4. Any form of discrimination based on sex, ethnic origin, language, colour or other form of differentiation will not be tolerated.