

Rushgreen Ishinryu Karate

Code of Conduct



Code of Conduct

(Effective from 30th April 2025)

1. Introduction

This Code of Conduct sets out the standards of behaviour expected from all members, instructors, volunteers, parents, and visitors involved with **Rushgreen Ishinryu Karate**. It applies to all club activities, whether on or off the Dojo premises.

Our club is committed to providing a safe, respectful, and inclusive environment where everyone can enjoy and benefit from the practice of Karate. We expect everyone to uphold the values of integrity, respect, discipline, and perseverance.

2. General Behaviour

All members and participants are expected to:

- Treat everyone with dignity and respect regardless of age, ability, race, religion, or background.
- Promote a positive, supportive atmosphere.
- Refrain from any form of bullying, harassment, or discrimination.
- Use appropriate language and behaviour at all times.
- Follow the instructions of instructors promptly and respectfully.

3. Dojo Etiquette

Members must:

- Arrive on time and with the correct, clean uniform (Gi with badges) and belt.
- Bow respectfully when entering and leaving the Dojo.
- Address instructors as "Sensei."
- Maintain cleanliness and personal hygiene.
- Remove shoes before entering the training area.
- Keep fingernails and toenails short to avoid injury.
- Refrain from eating, drinking (except water), or chewing gum in the Dojo.

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4. Training Conduct

During training, members must:

- Train safely and within their limits.
- Respect training partners and control techniques appropriately.
- Avoid aggressive or reckless behaviour.
- Listen attentively and avoid unnecessary talking.
- Seek help if unsure about any technique or instruction.

5. Parents and Guardians

Parents/guardians are asked to:

- Support their child's involvement in a positive manner.
- Encourage fair play and discipline.
- Avoid coaching or distracting children during training.
- Communicate concerns directly with instructors at an appropriate time.
- Ensure children arrive and are collected promptly.

6. Instructors and Volunteers

Instructors and volunteers will:

- Adhere to all safeguarding policies and procedures.
- Provide a positive role model through conduct and appearance.
- Plan and deliver sessions with care, ensuring all members are included and challenged appropriately.
- Maintain up-to-date qualifications and DBS checks where applicable.
- Promote safety, welfare, and equality at all times.

7. Competitions and Events

Members attending courses or competitions must:

- Represent the club with pride and uphold its values.
- Respect all officials, opponents, and event staff.
- Follow the rules and spirit of Karate competition.
- Wear the correct attire and maintain sportsmanlike conduct throughout.

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8. Breaches of Conduct

Breaches of this Code of Conduct may result in:

- Verbal or written warnings.
- Temporary or permanent suspension from training.
- Referral to relevant sports, or legal bodies, where appropriate.

All incidents will be dealt with fairly and in line with the club's disciplinary and safeguarding procedures.

9. Agreement

By joining or participating in **Rushgreen Ishinryu Karate**, all members and associated individuals agree to abide by this Code of Conduct.