



Rules Of Conduct

All Little Dolphins must at all times abide by the following rules

- 1) Students must respect each other and bow when meeting instructors, senior belts and fellow students and bow when entering or leaving the Dojang (training room).
- 2) All orders issued by the instructor or senior students within the training environment must be obeyed. In class, all instructors must be addressed as 'Sir' or 'Miss' if the instructor is female.
- 3) When meeting or speaking with an instructor or adult senior belt, students should stand at attention or in the 'at ease' stance if the instructor directs it. Student in this situation must be 100% attentive. This means no fiddling, scratching, moving or wiping!
- 4) Students must not leave the Dojang or walk off the mats without permission of the instructor.
- 5) Students must not make any noise or cause any disturbance inside the Dojang.
- 6) No Little Dolphins are allowed to play in the Dojang before or after their class.
- 7) When an instructor speaks in class no one else is allowed to talk.
- 8) Except for the instructor, *no one* must use a mobile phone inside the Dojang and they must be either switched off or turned to silent before entering the Dojang.
- 9) Students must not raise any objection, criticism or argument either with each other or with an instructor during training. All complaints, concerns or questions must be brought to the attention of an instructor at the earliest *appropriate* moment.
- 10) Besides during approved training drills in class, no student is permitted to make physical contact with any other student in *anyway* while participating in a Shire Martial Arts activity. This includes all kicking, punching, pushing, shoving, grabbing, holding and touching.
- 11) During training, all Little Dolphins must be properly dressed in Shire Martial Arts uniforms (dobok) including the appropriate belt (dee) and badges. Sleeves must not be rolled up.
- 12) For safety reasons NO WATCHES, TECHNOLOGY, RINGS OR JEWELLERY of any kind may be worn while training.
- 13) Little Dolphins, their friends and family should make an effort to keep the Dojang, it's associated facilities as well as their dobok neat and tidy.
- 14) No training equipment may be used without permission of the instructor or a senior. Equipment can only be used for its intended training purpose only.
- 15) No smoking or eating is permitted in the Dojang by anybody. We have 5 classes per day at SMA. Therefore, all crumbs from snacks find their way onto the training mats and create hygiene issues for other students. Please eat outside!!
- 16) Friends or relatives may watch a training session on the express condition that they will not interrupt, talk or disturb a class in anyway. Please inform friends and family of this condition.
- 17) All Little Dolphins must be checked in at the admin desk on arrival and out again, before they leave the premises by either a parent or guardian (not just dropped off or picked up from a car outside).
- 18) All training payments must be paid promptly at the agreed time.
- 19) **EVERYONE** must display correct etiquette by bowing to ALL instructors and senior belts when they **FIRST MAKE EYE CONTACT**.





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Etiquette and manner rules (elaborated)

- 20) 2 'strikes' means no attendance stamp for a class. If a student attending a class either does not show enough effort, an acceptable attitude, etiquette or if they talk at inappropriate times, engage in distracting behaviour or disrupt other students in ANY way they will be warned once. On the SECOND instance they will not collect an attendance stamp for that class.
- 21) When any junior class is in progress, no-one besides SMA staff are allowed onto the mats without permission from the SMA instructor in charge of the class or the SMA Director.
- 22) All students must STAY on the matts or in the area designated by the instructor AT ALL TIMES when not participating in a drill while remaining quiet and attentive.
- 23) Students can only go for a drink during designated breaks. Enough drink breaks are provided at different times in each class.
- 24) Makeup classes can only be arranged if a student notifies us PRIOR to the commencement of their scheduled class. No makeup classes can be booked for missing a makeup class.

A breach in any rule may result in suspension from Shire Martial Arts.
Shire Martial Arts reserves the right to cancel a membership at anytime

Health, injury and safety rules

- 25) All students must immediately report ANY injury to the class instructor. In the case of any injury or sickness associated with any joint, bone or fainting, regardless of where the injury occurred, the instructor may deem that the student cannot participate in a class or be able to recommence their training unless they can prove that they are fully recovered from it. This may mean that the student must produce a medical certificate.
- 26) All students must report any sicknesses or injuries they may be carrying BEFORE their class commences to the class instructor. The parent of a minor student must report any injury or sickness their child may be carrying either in person or by a signed note before class begins.
- 27) No student, their friends or family are permitted to engage in an SMA activity or be a spectator at SMA if they are under the influence of alcohol or any kind of illegal or non prescribed drugs.
NO EXCEPTIONS.

