

Leeds University Union

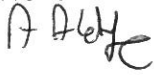
Code of Good Practise for: Thai Boxing

1. Training is carried out under the instructors Gary Sutcliffe, Michelle Sutcliffe, or Nick Sheppard.
2. All instructors are licensed under the World Kickboxing Association.
3. All members should respect the instructors and heed their instructions at all times.
4. All members must wear suitable clothing for training, such as shorts and T-shirt, classes are taken barefoot.
5. All members must be vigilant whilst training, and aware of their surroundings.
6. All members must disclose any injuries or potential hazards to instructors.
7. It is accepted by members that instructors cannot personally supervise all members simultaneously, and therefore it is every members responsibility to ensure a safe training environment and prevent unnecessary injury to their training partners.
8. Members are liable for their own actions during every session.
9. All members must pay a membership of £25 for the year, and £3.50 per session attended.
10. No members must attend a session whilst under the effects of drugs or alcohol.
11. Members choosing to spar must not use unnecessary force, and appropriate safety equipment must be worn at all times.
12. Minimum safety equipment to spar is mouthguard, 16-18oz gloves, groin guard and shin guards, but stomach guards and head guards are available for members who choose to wear them.
13. Sparring is to be performed at the lowest level/ability.
14. If any member of the club is judged by the instructors to be using excessive force, or participating with undue care and attention then they will be stopped from taking part in the class or in future classes.


It is required that members sign this form and return to one of the committee in order to train. Signing the form constitutes acceptance of the Code Of Good Practice and the member agrees to uphold all of the points.

We the undersigned agree to uphold the above code of good practise

Captain Andrew Aldridge

Signature. 


Secretary Leila Ainslie-Malik

Signature 

Nick Naylor

Signature 

Treasurer Tom Firth-Jones

Signature 

Date 20.07.10

I confirm that I have read and accept the Code Of Good Practice:

Name:

Student ID:

Date of Birth:

Email:

