

NEW CLUB RULES 2022 (Combined with Covid-19 Gym rules)

1. Nobody is allowed without own boxing gloves, hand wraps, water bottle, towel, face covering. Wrap your hand before the class commences.
2. No parents or spectators are allowed inside the training hall.
3. No hooting at the gate, no loud music, and no speeding inside the premises.
4. No riding of bicycles on the church grounds.
5. Keep voices down if you see church activity. (Meetings, prayer groups etc.)
6. Everybody must undergo a screening and sanitising of hands before class.
7. We reserve the right to limit student numbers due to Covid-19 or whatever reason.
8. We reserve the right to expel members / parents who are not keeping the rules.
9. Training is from 18:00 – 19:15. (No sparring at this stage) The sparring is normally from 19:00 to 19:30.
10. Boxing: Mondays and Wednesdays. Kickboxing: Tuesdays and Thursdays.
11. Once inside the training area, put all your equipment and water bottle at your training spot.
12. Students can remove the face covering during strenuous exercise.
13. Students must ask permission to leave the training area / go to the toilet / drink water once the class is on the way.
14. Do not bring valuables to class.
15. Do not train with chewing-gum in your mouth.
16. Parents, please let the coaches do the coaching, no comments from the side. Parents please do not interfere with the class or try to help your child. Do not encourage your child to run to you during class time. Coaches are qualified to train your child.
17. Students, please keep quiet and give your full attention if coaches explain something.
18. No backchatting, swearing or negative comments.
19. Smoking, doping, drugs, and alcohol are strictly prohibited. Members can be tested randomly.
20. The WhatsApp group is for club information only. No racial issues, stories, jokes, personal messages, weather forecasts and traffic updates, religion or politics allowed.
21. Student may not enter the premises without a coach or a member of the management staff.
22. Keep away from other sporting equipment in the hall.
23. Make use of the toilet in the corner on the ground floor. Leave it neat and close the tap. Close windows in the toilet when we leave.
24. Nobody can go on the stairs or on the first floor.
25. Spectators and parents please keep your own children under control.

26. Make sure the small gate and the big gate are closed when we leave the premises.
27. Please leave the boxing equipment and kit neatly in the locker. Lock the locker when finished.
28. Be respectful towards other people. No smoking - Do not smoke in front of the hall or outside in the street - especially members.
29. We must always project a positive image of the club. Do not talk badly from other people. Rather keep quiet if you cannot say something positive. Do not solve personal problems at the club. Solve personal problems between you and a fellow member outside the club.
30. Do not talk back if somebody ask you to do something or to behave properly. It can be one of the church members or fulltime personnel.
31. Stay out of the kitchen.
32. Do not make fun or of other members.
33. Do not use intimidating / negative / insulting words while practising, you will be asked to leave the club. We are one team that work towards one goal.
34. Do not hit your sparring partner with full contact techniques. You must show your skill without hurting your sparring partner.
35. Stay humble – there is always someone better than you. Ask yourself: Why did I get hit and how can I prevent it in the future.
36. Do not kick bags in the boxing class.
37. If you won a match stay humble and if you lost a match work harder.
38. Take your lost in a good spirit. Thank / congratulate your opponent and his/her coach after a match.
39. Do not talk to the referee or your opponent. Nod or give a sign.
40. No tantrums please.
41. Dress proper during exercises and tournaments. Wear loose kickboxing pants or ski pants for kickboxing. No netball skirts or short pants for girls please.
42. Do not leave the class without permission.
43. Use the toilet before the class and do not drink water every few minutes.
44. Greet other members. Leave the premises as soon as possible after class.
45. You are under constant camera surveillance. Be careful what you are doing.
46. We must abide by the rules of the church and Covid-19.
47. No contact that means no sparring, hugging and hand shaking. Social distancing rules apply.
48. No sharing of equipment is allowed.
49. Members with a temperature of 38 or more are not allowed to enter.
50. If you feel sick do not come near the club. We do not want to close the club.

51.No switching of training partners - You must train with one partner.

52.Walk in spectators from the street are not allowed.

53.Parents / family / friends who are dropping of members must wait for the OK of the temperature check before leaving.

54.Parents who are waiting for the kids during training – please wait in the car or in the designated area to minimize the Covid-19 risk factors.

55.Membership fees of R180.00 per month. No registration fees payable.

56.CAPITEC Banking details: E Vreugdenburg, Account no: 1317793445, Savings, Branch: 470010 Wonder park , Reference: Name and Surname

57.One month notice must be given - payable even if the student is not attending.

58.Thank you – Please be safe and obey the rules.