



Defend Yourself

Code of Conduct for Participants

Defend Yourself is fully committed to safeguarding and promoting the well-being of all its participants. **Defend Yourself** believes that it is important that members, coaches, administrators and parents associated with the firm should, at all times, show respect and understanding for the safety and welfare of others. Therefore, participants are encouraged to be open at all times and to share any concerns or complaints that they may have about any aspect of the firm with **Sensei Karen Turner, Director of Coaching**.

As participants of **Defend Yourself** you are expected to abide by the following code of conduct:

- ◆ All participants must train within the rules and respect decisions.
- ◆ All participants must respect the rights, dignity and worth of everyone regardless of gender, ability, cultural background or religion.
- ◆ Participants should keep to agreed timings for training and inform their instructor if they are going to be late.
- ◆ Participants must wear suitable kit for training, as agreed with the instructor.



Defend Yourself

CODE OF CONDUCT FOR STAFF

Defend Yourself is fully committed to safeguarding and promoting the well-being of all its participants. **Defend Yourself** believes that it is important that participants, coaches, administrators and parents associated with **Defend Yourself** should, at all times, show respect and understanding for the safety and welfare of others. Therefore, coaches are encouraged to be open at all times and to share any concerns or complaints that they may have about any aspect of **Defend Yourself** with **Sensei Karen Turner, Director of Coaching**.

As a coach of **Defend Yourself** you are expected to abide by the following code of conduct:

- ◆ All staff must adhere to the rules and respect decisions.
- ◆ All staff must respect the rights, dignity and worth of all participants regardless of gender, ability, cultural background or religion.
- ◆ Staff should keep to agreed timings for training and inform the instructor if they are going to be late.
- ◆ Staff must wear suitable kit for coaching, as agreed with the instructor.
- ◆ Staff are not allowed to smoke whilst representing **Defend Yourself**.
- ◆ Staff are not allowed to consume alcohol or drugs of any kind whilst representing **Defend Yourself**.