USKA FIGHT FACTORY

Student Code of Conduct

Code of Conduct & Rules Policy | Membership Terms and Conditions

1. Signing in. On arrival at the gym, students must sign in on the reception tablet or seek assistance to be signed in for the sessions they intend to attend that day. Failure to sign in will result in loss of class credit, which could affect eligibility to grade.

2. Uniform. Correct uniform and belt (if applicable) must be worn to all sessions. These should be clean and in good repair.

3. Footwear. No shoes are allowed on the matted area.

4. Barefoot training. Students train barefoot on the matted area; socks must not be worn.

5. Nails. Fingernails and toenails must be kept clean and short to avoid cuts and scratches.

6. Jewellery. Jewellery and watches must be removed before the session begins.

7. Personal hygiene. A good standard of personal hygiene is expected.

8. Eating before training. It is not advisable to eat a large meal before training. A light bite an hour or two beforehand is more sensible.

9. Illness or injury. Students should inform the instructor of any illnesses or injuries before the session begins. Some activities may need to be avoided and an alternative exercise may be requested.

10. Punctuality. Students should make every effort to arrive on time and are encouraged to arrive 10 minutes before their session. For safety, students will not be allowed to join a class once it has started.

11. Food and drinks. No food, chewing gum or sweets may be consumed in the training area. Drinks must be kept at the very edge of the training area so they do not become a hazard. Spillages must be reported immediately and cleaned up. Bottles must be taken away when leaving.

12. Personal belongings. Shoes, bags and other items must be kept away from the training area and left in the changing room. Valuables are left at the owner's risk; USKA Fight Factory accepts no responsibility for loss or damage. Labelling equipment is encouraged.

13. Leaving the training room. Students must inform the instructor if they need to leave the main training room during a lesson.

14. Language. Profanity and derogatory language are not permitted in the gym and should be avoided outside it.

15. Bullying. Physical or verbal bullying will not be tolerated. Anyone experiencing bullying should bring it promptly to the attention of the session instructor.

16. Focus during training. The gym is for training, not gossiping or excessive talking. Students should keep conversation to a minimum and focus on training.

17. Accidents and injuries. All accidents and injuries sustained during training must be reported immediately to the instructor and recorded in the accident book.

18. Sparring equipment. For club support and safety, only sparring equipment purchased from USKA Fight Factory is permitted for sparring sessions.

19. Equipment safety. Sparring equipment must not be left on the matted area where it could cause an accident.

20. Waiting for class. Students should wait quietly before their session, respecting members who are training or waiting to train.

21. Respect for neighbours. Students must enter and leave the premises in an orderly, quiet and courteous manner, respecting the club's neighbours.

22. Self-control and discipline. Self-control and self-discipline are essential martial arts principles. Serious loss of self-control may result in suspension or expulsion from USKA.

23. Feeling unwell. Anyone feeling unwell should not attend the gym, in the interests of the safety and wellbeing of others.

24. Photography and Video Policy. USKA Fight Factory regularly takes photographs and video recordings during classes, gradings, competitions and club events.
These images may be shared through our private, members-only ClassDojo platform and, where appropriate permissions have been obtained, used on our website, social media channels and promotional materials.
Photographs and videos are taken by authorised staff using USKA equipment.
Parents and guardians can request that their child is excluded from photography and video recordings at any time by contacting club management. Any such restrictions will be recorded on our membership register and respected by staff.
Further information is available in our Photography and Video Policy.

Failure to observe these rules may result in exclusion from training. The class instructor and USKA management reserve the right to exclude a member from a class and to accept or reject membership.