

Royal Boxing & Fitness Club Conduct

Overview

We are a family owned and operated gym. Our vision is to create an environment in which adults, families and children can comfortably train and develop their skills and confidence while forging relationships. We place the safety of members above all else.

Coaches will always seek to match you with someone of similar skill/size. In some events, adults will be required to work alongside children. Members are expected to exhibit the self-control required to safely train alongside any individual they are partnered with (Including children), regardless of skillset and experience.

Royal Boxing & fitness offers discounted rates to former and current Military and Emergency Services Personnel.

Club Rules.

All members are to adhere to the clubs Child Protection Policy.

All members are to adhere to the clubs Etiquette Policy.

All members are expected to set a positive example to others (especially the children).

Respect each other, respect the coaches and respect the premise.

All boxers must abide by the rules of amateur boxing (SA, AIBA and Club rules).

All members must ensure they maintain reasonable level of hygiene at all times.

Listen to the coaches instructions at all times.

All coaches reserve the right to remove a member from a drill at any specific time.

Training fees must be paid on time. (We are more than happy to sort it out something if you are behind on money).

All member have the right to feel safe at all times. Intimidating or aggressive behaviour will not be tolerated! This includes anything that could be deemed intimidating or aggressive attire.

Criminal or malicious behaviour will result in the immediate termination of membership: Any members charged with serious crimes that could damage the club or other members reputation will be terminated.

Members are expected to conduct themselves with excellence if publicly representing the gym, this includes at tournaments, boxing SA events or when wearing club attire in public spaces.

Club Sparring Policy

Protective Head Guards are mandatory when sparring.

Mouthguards are mandatory when sparring.

16-Ounce gloves are mandatory when sparring.

Sparring may only be performed under the supervision of a qualified coach. This is nonnegotiable.

Sparring may never be performed on two consecutive days.

As a courtesy, please inform Coaching staff if you are attending an interclub sparring session or State Training so we can modify individual training around it.

Treat your sparring partner with respect. Sparring is not about winning, it is about learning.
Remember to work alongside the coach when sparring to optimise your development.

Club Etiquette

No chewing gum during class or on the premise.

Bring a towel to class.

Clean up after yourself (Or you will be assigned burpees).

All members are free to visit other gyms; we encourage interclub relationships and enjoy cultivating a strong team culture across Boxing SA. If a member is visiting another gym for class or sparring, we ask that you advise as courtesy.