



# ESKRIMA ACADEMY

## Code of Conduct



### **A.1 Objectives**

ESKRIMA ACADEMY has as its key objectives:

1. Providing instruction in a safe environment in the martial art of Eskrima.
2. Developing the mental and physical tools for improving personal safety and security.
3. Promotion of good health and vitality.
4. Development of positive self-esteem and self-confidence.
5. Development of a person as a positive role model in the community.
6. Creating expertise in confrontation management.
7. Pro-active crime prevention through increased awareness and positive attitudes.
8. Developing healthy community attitudes and values.

All persons participating in a class or course conducted by ESKRIMA ACADEMY must agree to be bound by this Code of Conduct. ESKRIMA ACADEMY reserves the right to make amendments or additions to this Code of Conduct at any time.

### **A.2 Participant Understanding**

Eskrima is a contact martial art, meaning it involves physical contact with one or more other practitioners in ways designed to simulate as closely as possible the self-defence options available to a practitioner when confronted with physical aggression and/or threatening behaviour. As in any other physically demanding recreational activity, there is always a risk of injury. Any person participating in a class conducted by ESKRIMA ACADEMY does so with the full understanding that whilst it is the policy of ESKRIMA ACADEMY to minimise this risk, the nature of contact physical activity prevents its total elimination. Persons participating in a class conducted by ESKRIMA ACADEMY do so of their own volition and at their own risk.

### **A.3 Instructor Qualifications**

1. All unsupervised Instructors must have either a current National Coaching Accreditation Scheme (NCAS) accreditation or National Martial Arts Instructor Accreditation Scheme (NMAS) accreditation.
2. All unsupervised Instructors are bound by the "Instructors Code of Ethics" of the Martial Arts Industry Association.
3. All unsupervised Instructors must have current WorkCover approved Senior First Aid certification.
4. All unsupervised Instructors must have in place appropriate and separate public liability and professional indemnity insurance.
5. All Instructors will be bound by this Code of Conduct and the National Code of Practice for Martial Arts Instructors

### **A.4 Safety**

1. Instructors will ensure that the training area is clear of any dangerous and/or sharp objects that may provide a risk of injury.
2. Instructors will have access at all times to a fully equipped first aid kit. The kit will be of the minimum standard of a St Johns Industrial First Aid Kit or equivalent.
3. Persons must not wear jewellery or watches during training.
4. All persons participating in training agree to maintain self-control at all times and maintain all care in the application of any technique.
5. Any person who, in training, exhibits behaviour that, in the judgement of the Instructor, is a danger to other participants, shall not be allowed to continue training until the Instructor determines the danger is no longer present.

### **A.5 Training Area Etiquette**

1. Persons will bow and salute in the appropriate manner at the commencement and conclusion of training activities (including the start and ending of lessons, and before and after an exercise with a training partner).
2. Shoes must be taken off before entering the training area unless the shoes are special martial arts footwear or otherwise approved by the Instructor (see "Clothing" below).
3. Persons must be punctual, preferably early, so that they are ready to train when class commences. If arriving late, a person must wait at the side of the Training Area until the Instructor indicates that a person may join the class.
4. Persons must not chew gum whilst training.
5. Food and/or drink (including water) must not be consumed whilst on the training area.
6. Mobile phones must be silenced during training. Mobile phones inadvertently left on during training may not be answered. Any person who is "on-call" for work, or has carer or other responsibilities requiring access to their phone, may seek approval from the instructor prior to the commencement of class to leave his or her mobile phone volume on. In cases where they need to answer the phone, they should take their call outside so as not to disturb the class.

### **A.6 Uniforms & Training Gear**

All Persons must wear the following approved clothing during all training sessions:

1. Shorts or Pants: Long black shorts or plain black martial art pants with or without elasticised ankles. Other types of pants or shorts may be acceptable only if approved by the instructor.
2. Tops: ESKRIMA ACADEMY black uniform short sleeve or long sleeve t-shirt, crop top, or muscle top. Ideally each student must bring two tops to class should the first top become too wet from perspiration.
3. Shoes: Only special martial arts training footwear or other training shoes which have been approved by the instructor.
4. All clothing must be free of all logos or markings unless the logo is that of ESKRIMA ACADEMY.
5. Persons inappropriately attired will not be allowed to train.
6. In addition to the general uniform requirements, persons must bring a towel (and filled water bottle if we are in a location without bubblers) to each training session.

### **A.7 Sparring equipment requirements**

1. Persons participating in padded stick or latex sword sparring activity must purchase and wear an approved fencing mask and bring this fencing mask to every training session.
2. Persons participating in competitive or hard sparring activity must purchase and wear an approved mouth guard and bring this mouth guard to every training session.
3. As sparring drills are a regular part of classes, students should purchase hand protection such as hockey gloves, FMA gloves, or HEMA gloves to protect their hands from injury.
4. In addition to the above, persons participating in sparring may choose to wear knee and elbow protection, chest and/or groin guards, or any other protective equipment they feel necessary and approved by the instructor.

### **A.8 Sparring participation rules**

1. Bouts should be 1-3 minutes in length (agreed in advance or dictated by the instructor for a specific training purpose).
2. Every sparring match should have an instructor or senior student as an umpire.
3. Participants and umpire must agree on all rules in advance.
4. Combatants must listen to, and follow, the instructions of the umpire at all times.
5. *Never spar rough*: Don't hit harder than necessary, strike out after you've clearly lost an exchange, or strike unprotected parts of the body where you are likely to cause excessive pain or injury.
6. *Always spar honest*: If you and your opponent agree to spar light, then don't blast out of the box striking them like you are in a major tournament. It's ok to spar light so long as you don't switch gears the moment you find yourself at a disadvantage. Likewise it is ok to spar hard (not rough) if that is what you and your partner have agreed before the bout started, but it's not ok to fight like a madman at one moment and completely give up the next.

### **A.9 Sickness or Injury**

1. Persons must not train if they are suffering from the flu or other viral infection that may be passed on to other persons.
2. Persons must advise the Instructor if suffering from any injury or medical condition, either permanent or temporary, which may be adversely affected by certain types of training. Some examples of this may include blood pressure problems and cardiac disorders, neck and back injuries, diabetes, and asthma.
3. If requested by the Instructor, persons with the above or like conditions must show this Code of Conduct to their physician and secure a medical certificate clearly stating that the person is able to participate in classes conducted by ESKRIMA ACADEMY and whether there are any restrictions or conditions applicable.

### **A.10 Other Health Issues**

1. Persons must not attend training under the influence of alcohol or illegal drugs.
2. Smoking is not allowed in the Training Area.
3. Persons training must give proper attention to personal hygiene and exhibit clean grooming; and ensure that fingernails and toenails are trimmed and clean.
4. Persons with a cut or bleeding injury must cease training immediately and receive appropriate first aid. Rejoining the training session will not be allowed until the instructor has deemed that is safe to do so.
5. Persons administering first aid to a person suffering a cut or bleeding injury must wear protective gloves.

### **A.11 Training Area Ethics**

1. Persons must always be courteous and helpful to each other.
2. Physical contact between persons who are training must be appropriate to the situation and necessary for the skill development of those persons.
3. Sexual harassment, defined as being where a person is subjected to unwanted or uninvited sexual behaviour, will not be tolerated.
4. Any form of discrimination based on sex, gender, ethnic origin, language, colour, religion, or other form of differentiation will not be tolerated.

### **A.12 Grading Conditions**

1. Opportunity to grade under the ESKRIMA ACADEMY syllabus occurs only two times per calendar year. A person may only grade at these times subject to the final determination of the instructor.
2. Each six-month interval between grading is divided into two three-month terms: the Post-Grading Term and the Pre-Grading Term.
3. Regular attendance during the Pre-Grading Term is essential to be considered for grading.
4. In assessing a person's readiness to grade, the Instructor takes into consideration such factors as consistency of attendance, attitude, focus and attention during training sessions, as much as a person's knowledge of the ESKRIMA ACADEMY syllabus to the point he or she is ready to grade.
5. To secure grading under the ESKRIMA ACADEMY syllabus a person must be a current financial member of ESKRIMA ACADEMY, and have paid the appropriate grading fee.
6. Membership of ESKRIMA ACADEMY requires a person to agree to be bound by this Code of Conduct.
7. ESKRIMA ACADEMY reserves the right to revoke the grading of any person who breaches this Code of Conduct.