

THE WU-SHU SPORTS ACADEMY, AUSTRALIA CODE OF CONDUCT



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1. Objectives

The Wu-Shu Sports Academy, Australia has as its key objectives:

- Providing instruction in a safe environment in the martial art of Wu-Shu.
- Developing the mental and physical tools for improving personal safety and security.
- Promotion of good health and vitality.
- Development of positive self-esteem and self-confidence.
- Development of a person as a positive role model in the community.
- Developing healthy community attitudes and values.

All persons participating in a class or course conducted by **The Wu-Shu Sports Academy, Australia** must agree to be bound by this Code of Conduct. **The Wu-Shu Sports Academy, Australia** reserves the right to make amendments or additions to this Code of Conduct at any time.

2. Participant understanding

Wu-Shu (which is deemed to include san shou and tai chi for the purposes of this Code of Conduct) is a physically demanding, martial art involving vigorous physical activity and contact with one or more other practitioners in ways designed to simulate as closely as possible the self-defense options available to a practitioner when confronted with physical aggression and/or threatening behavior. As in any other physically demanding recreational activity, there is always a risk of injury. Any person participating in a class conducted by **The Wu-Shu Sports Academy, Australia** does so with the full understanding that whilst it is the policy of **The Wu-Shu Sports Academy, Australia** to minimise this risk, the nature of contact physical activity prevents its total elimination. Persons participating in a class conducted by **The Wu-Shu Sports Academy, Australia** do so of their own volition and at their own risk.



3. Instructor qualifications

- All unsupervised instructors must have current Work Cover approved Senior First Aid certification.
- All unsupervised instructors must have in place appropriate public liability and professional indemnity insurance.
- All instructors will be bound by this Code of Conduct and the National Code of Practice for Martial Arts Instructors.

4. Safety

- Instructors will ensure that the training area is clear of any dangerous and/or sharp objects that may provide a risk of injury.
- Instructors will have access at all times to a fully equipped first aid kit.
- For safety reasons persons must not wear jewelry or watches during training. If jewelry such as rings cannot be removed it must be taped.
- All persons participating in training agree to maintain self-control at all times and maintain all care in the application of any technique.
- Any person who, in training, exhibits behavior that, in the judgment 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.

5. Training area etiquette

- Persons will salute in the appropriate manner upon entering the training area.
- 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. Instructors must be informed in advance if a person is going to arrive late.
- Persons must not chew gum whilst training.
- Food and/or drink (including water) must not be consumed whilst on the training area.
- Mobile phones must be turned off during training. Mobile phones inadvertently left on during training may not be answered. Any person who is "on-call" for work may seek approval from the instructor prior to the commencement of class to leave his or her mobile phone on.
- Any personal items brought into the training area the responsibility of the owner. **The Wu-Shu Sports Academy, Australia** can not be held responsible for loss or damage of any personal items.

6. Uniforms & training gear

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

- **Pants:** Plain black pants with or without elasticized ankles. Other types of long black pants may be acceptable only if approved by the instructor. During hot weather only, shorts are permitted.
- **Tops:** The academy's uniform is required or plain t-shirt or singlet.
- **Shoes:** Appropriate footwear must be worn during training sessions as deemed appropriate by the coach.
- Persons inappropriately attired will not be allowed to train.



- In addition to the general uniform requirements, it is recommended persons bring a towel and filled water bottle to each training session.

7. Sparring requirements

- Persons participating in sparring activity must purchase and wear an approved mouth guard and bring this mouth guard to every training session.
- Persons participating in sparring are encouraged to purchase their own set of boxing mitts of an approved 14oz or 16oz size.
- In addition to their personal mouth guards, persons participating in sparring must wear full protective clothing, either their own or as supplied by **The Wu-Shu Sports Academy, Australia** comprising body guards, head guards, groin guards and 14oz or 16oz boxing mitts.

8. Sickness or Injury

- Persons may not train if they are suffering from the flu or other viral infection that may be passed on to other persons, at the instructors discretion.
- Prior to commencement of a training session 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.
- 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 **The Wu-Shu Academy, Australia** and whether there are any restrictions or conditions applicable.

9. Other health issues

- Persons must not attend training under the influence of alcohol or illegal drugs.
- Smoking is not allowed in the training area.
- Persons training must give proper attention to personal hygiene and exhibit clean grooming and ensure that fingernails and toenails are trimmed and clean.
- Persons with any 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.
- Persons administering first aid to a person suffering a cut or bleeding injury must wear protective gloves.

10. Training area ethics

- Persons must always be courteous and respectful to Principal Juliana Zhu.
- Persons must always be courteous and respectful to instructors.
- Persons must always be courteous and helpful to each other.
- Physical contact between persons who are training must be appropriate to the situation and necessary for the skill development of those persons.
- Sexual harassment, defined as being where a person is subjected to unwanted or uninvited sexual behaviour, will not be tolerated.



- Any form of discrimination based on gender, religion, ethnic origin, language, colour, or other form of differentiation will not be tolerated.

11. Grading Conditions

- Opportunity to grade under **The Wu-Shu Sports Academy, Australia** syllabus occurs only two times per calendar year. A person may only grade at these times subject to the final determination of the instructor.
- Each six-month interval between grading is divided into two three-month terms: the Post- Grading Term and the Pre-Grading Term.
- Grading fees must be paid at the commencement of the Pre-Grading Term.
- 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 Wu-Shu Sports Academy, Australia** syllabus to the point he or she wishes to grade.
- To secure grading under **The Wu-Shu Sports Academy, Australia** syllabus a person must be a current financial member of **The Wu-Shu Sports Academy, Australia**.
- Membership of **The Wu-Shu Sports Academy, Australia** requires a person to agree to be bound by this Code of Conduct.
- **The Wu-Shu Sports Academy, Australia** reserves the right to revoke the grading or disallow participation of any person who breaches this Code of Conduct or is convicted of any criminal offence.

12. Training session restrictions

- Training sessions with **The Wu-Shu Sports Academy, Australia** are structured as either Conditioning Training Sessions or Technical Training Sessions with a 2-hour class usually comprising a Conditioning Training Session of 1-hour followed by a Technical Training Session of 1-hour.
- Only persons authorised by the Instructor are allowed to participate in the Technical Training Sessions. Non-authorised persons must leave the Training Area before commencement of a Technical Training Session.
- Persons who commence training with **The Wu-Shu Sports Academy, Australia** for the first time may only attend the Conditioning Training Sessions and must attend these sessions for a period of 3 months before being assessed by the Instructor as to their eligibility to participate in the Technical Training Sessions. Persons with previous martial arts experience or those showing exceptional skill, dedication, commitment and application may be eligible earlier than 3 months.