



PAT BENSON BOXING ACADEMY
Small Heath Boxing Club Ltd

**Unit 2, 50 Adderley
Street,
Digbeth,
Birmingham,
B9 4D**



www.patbensonboxingacademy.co.uk
patbensonboxingacademy@gmail.com
0121 773 2784 / 07805592938
Company Registration Number: 7866032

Club Rules for Members

- i. You should always sign in at the front desk upon entry to the gym
- ii. Bullying of fellow gym members and/or abusive language towards other club members is not tolerated under any circumstances; if you have encountered a problem or have an issue to raise with anybody else, you must tell a coach rather than trying to sort the problem yourself.
- iii. You should show respect to fellow gym users, coaches and people in authority inside the gym, particularly the way you speak to coaches and respond to instructions. Boxing is a challenging sport but you must keep a positive outlook, particularly when things are not going so well.
- iv. Mobile phones and valuables should be left with one of the coaches at the front desk and not left in bags in the changing room.
- v. Jewellery including chains, rings and watches should not be worn during training; these should also be left with a coach.
- vi. Punctuality is critical; turning up for training late is a sign of laziness and disrespect, so you must make sure you turn up at least 10 minutes before training is scheduled to start.
- vii. Under no circumstances is alcohol, cigarettes or chewing gum to be brought into the gym.
- viii. You should respect the premises both inside and out by replacing equipment when you have finished using it and disposing of drinks bottles in the bins provided.
- ix. You should wait for parents to come to the gym to collect you; do not leave the premises looking to see if parents are outside.
- x. In the event of a fire or emergency, you should follow a coach's instructions and leave the premises, congregating under at the assembly point, which is the archway at the front of the gym.

