

# Code of Conduct

This structured Code of Conduct provides clear expectations for all members of the TMAM community while fostering a safe, respectful, and supportive environment for growth.

## Students

Students are expected to embody the values of TMAM both on and off the mat. This helps build a respectful and disciplined training environment where everyone can grow.

### Personal Responsibility

- Take responsibility for your progress by practising techniques outside of class and maintaining a positive mindset.
- Inform instructors of any injuries or limitations before class to ensure safe participation.
- Stay home if unwell with diarrhoea or vomiting or other contagious illness to protect the health of others.

### Respect and Conduct

- Treat classmates, instructors, and visitors with kindness and respect, regardless of age or skill level.
- Show good sportsmanship—encourage and support your peers during training.
- Welcome new students and foster a culture of mentorship, with advanced students assisting beginners.
- Bullying, negative behaviour, or disrespect of any kind will not be tolerated.
- If a conflict arises, bring it to an instructor's attention.

### Training Etiquette

- Always wear your TMAM uniform, belt, and necessary equipment. Keep them clean and in good condition.
- Attend classes regularly and give your best effort during every session.
- If late, join the class quietly and let your instructor know you've arrived.
- Listen attentively to instructors and avoid unnecessary talking during lessons.
- Bow to your instructor and partner to begin and end training, and when entering or leaving the mats.
- Remove jewellery and accessories before training to ensure safety.
- Represent TMAM values of integrity, kindness, and humility both inside and outside the dojo.

### Safety and Hygiene

- Keep nails short and ensure any cuts or wounds are properly covered before class.

### Technology

- Phones must be silent and out of sight during training.

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## Parents

Parents play a vital role in supporting their child's journey at TMAM. Your encouragement and involvement help reinforce the values we teach in class.

### Responsibilities

- **Support Positively:** Celebrate your child's efforts and progress without pressuring them to achieve milestones prematurely.
- **Arrive Prepared:** Ensure your child arrives on time and in proper attire, including their TMAM uniform and belt.
- **Observe Respectfully:** If watching class, avoid coaching or distracting your child—leave the instruction to the instructors.
- **Communicate Openly:** Share any questions or concerns with instructors—we're here to work with you to support your child.
- **Reinforce Values at Home:** Encourage kindness, respect, and a growth mindset outside of class.

### Behaviour Guidance

- Be a positive role model by demonstrating patience and understanding during your child's martial arts journey.
- If behaviour issues arise, work with the instructors to address and resolve them constructively.

### Technology

- Phones must be silent and should only be used to take photographs of your own child, the flash function must not be used. Images must not include the faces or identifiable characteristics of children that are not your own.
- Use the Martialytics app to book your child's martial art sessions and check-in for their attendance.