



Aikido Kenkyukai NSW Incorporated

Aikido Kenkyukai International

Code of Conduct

A.1 Objectives

Aikido Kenkyukai NSW Incorporated has as its key objectives:

1. Providing instruction in a safe environment in the martial art of Aikido.
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 *Aikido Kenkyukai NSW Incorporated* must agree to be bound by this Code of Conduct. *Aikido Kenkyukai NSW Incorporated* reserves the right to make amendments or additions to this Code of Conduct at any time.

A.2 Participant Understanding

1. Aikido 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 *Aikido Kenkyukai NSW Incorporated* does so with the full understanding that whilst it is the policy of *Aikido Kenkyukai NSW Incorporated* to minimise this risk, the nature of contact physical activity prevents its total elimination. Persons participating in a class conducted by *Aikido Kenkyukai NSW Incorporated* do so of their own volition and at their own risk.
2. All students must be a financial member of *Aikido Kenkyukai NSW Incorporated*, prior to participation in any activities.
3. Membership of *Aikido Kenkyukai NSW Incorporated* requires a person to agree to be bound by this Code of Conduct.

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 (NIAS) accreditation, or an Australian National Training Authority (ANTA) diploma that qualifies a trainer under the Vocational Education and Training Accreditation Act 1990.
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 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.
3. Persons must not wear jewellery or watches during training. Earrings and other body piercing should be removed or taped.
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. All persons whilst in the dojo, whether participating or not, agree to obey the instructions and directions of the Instructor.
6. 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 in the appropriate manner upon entering and leaving the Dojo (training area).
2. Shoes must be taken off before entering onto the training mats unless the shoes are special martial arts footwear approved by the Instructor (see "Uniforms & Training Gear" 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 back of the dojo 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 mats.
6. Mobile phones must be turned off during training. Mobile phones inadvertently left on during training may not be answered.
7. Any person who is "on-call" for work, or other purpose may seek approval from the Instructor prior to the commencement of class to leave his or her mobile phone on.

A.6 Uniforms & Training Gear

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

1. **Uniform:** A plain white (or unbleached) traditional Japanese martial arts “*Gi*”, which includes pants, a top and an appropriate belt. Other types of clothing may be acceptable only if approved by the Instructor.
2. **Footwear:** Training is normally done in bare feet. Students must ensure their feet are clean before entering the dojo. Special martial arts training footwear may only be worn if approved by the instructor prior to training.
3. **Belts:** Ungraded and Kyu graded students shall wear a white *gi* belt, (with the exception of the children’s classes where coloured belts may be worn). Dan graded students shall wear a black belt and either a black or dark blue *hakama*. All students must wear the appropriately coloured belt for their grading.
4. **Female students:** In the interests of discrete appearance, female students should also wear a t-shirt or sports-top/ bra underneath their *gi*.
5. Persons inappropriately attired will not be allowed to train.
6. In addition to the general uniform requirements, it is recommended students bring a towel and full water bottle to each training session.

A.7 Sickness or Injury

1. Persons must not train if they are suffering from the flu or any other 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 (including recent), 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 or after effects of recent illness or injuries.
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 *Aikido Kenkyukai NSW Incorporated* and whether there are any restrictions or conditions applicable.

A.8 Other Health Issues

1. Persons must not attend training under the influence of alcohol or illegal drugs.
2. Smoking is not allowed in the dojo.
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. Any blood on the training mats or any other part of the dojo, must be cleaned up immediately. All precautions must be taken to ensure contact is not made with any blood, or other body fluids.
6. Persons administering first aid to a person suffering a cut or bleeding injury must wear protective gloves.

A.9 Training Area Ethics

1. Persons must always be courteous and helpful to each other.
2. Students should bow to each other before and after commencing a new technique.
3. Physical contact between persons who are training must be appropriate to the situation and necessary for the skill development of those persons.
4. Sexual harassment, defined as being “*where a person is subjected to unwanted or uninvited sexual behaviour*”, will not be tolerated.

5. Any form of discrimination based on sex, ethnic origin, language, colour, or other form of differentiation will not be tolerated.

A.10 Grading Conditions

1. Opportunity to grade under the *Aikido Kenkyukai International* syllabus occurs approximately two times per calendar year. A person may only grade at these times subject to the final determination of the Instructor.
2. Grading fees must be paid prior to the grading.
3. 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 *Aikido Kenkyukai International* syllabus to the point he or she wishes to grade.
4. To secure grading under the *Aikido Kenkyukai International* syllabus a person must be a current financial member of *Aikido Kenkyukai NSW Incorporated*.
5. *Aikido Kenkyukai NSW Incorporated* reserves the right to revoke the grading of any person who breaches this Code of Conduct or is convicted of any criminal offence.

A.11 Training Session Restrictions

1. Persons will initially be required to practice more basic forms of training, including rolling and break-falling, until such time as their skill level warrants involvement in more advanced training sessions.
2. A person's participation in training sessions will depend upon the Instructors assessment of their competence. Students will not be directed to train beyond their level of competence. Beginner students may be asked to practice only part of an advanced technique, until such time as the Instructor determines their competence warrants their involvement in the full activity.
3. Students should not undertake any techniques unless approved by the Instructor.