



Codes of Conduct

The growth of the F.I.G. Programme relies on all persons involved adhering to the Codes of Conduct. These are in place to ensure that the environment is inclusive and supportive of all the persons involved. For that to happen we must all be complicit in the following.

Safety

- oPrioritise safety in all activities.
- oListen to the Instructors direction, if in doubt, ask.
- oReport anything unsafe to the Instructor or Programme Lead immediately.

Cleanliness and Hygiene

- oMaintain personal hygiene and clean kit after each session.
- oAssist with maintaining the cleanliness of the club.
- oUse bins provided.

Respect

- oValue diversity and respect that others may have different backgrounds or beliefs.
- oRespect boundaries, and be mindful that these may be fluid in this environment.
- oRespect is shared on and off the mats.

Use of language and inappropriate topics

- oWe're all adults, we wont be implementing a "no swearing" policy, however, be mindful of what you are saying.
- oThis includes topics and discussions had on and off the mats
- oWe would like for you to feel safe and secure, but be mindful of what you share.

Responsibility

- oAdhere to gym rules and policies.
- oFollow the schedule and arrive on time.
- oBe responsible for your own belongings and learning.

Sexual Harassment

- oWe have a zero tolerance policy on sexual harassment at the gym or by any of its members.
- oBy attending the Programme you are effectively a member and are subject to this.
- oReport any issues or concerns to the Instructor or the Programme Lead.

As stated at the start, with everyone's cooperation, we can create a healthy and positive environment. The F.I.G. Programme inspires to lead, nurture and grow with women from a wide range of backgrounds. This will create an incredible space, but it will require everyone involved to be on board and to participate with a willingness to learn. Adhering to the Codes of Conduct will help enable for this to happen.