**Welcome to**

**Norwich City Amateur Boxing Club**

We are a friendly local club with a great atmosphere; we are open to all interested in boxing within Norfolk, starting from the age of eight upwards. We offer a range of classes and training suitable for all abilities, we are affiliated with England Boxing and compete locally and Nationally. All of our staff are fully DBS checked and hold England Boxing Coaching Certification.

**Our mission statement:**

To promote the positivity of boxing, including the physical aspects and the disciplines that underpin the sport. We are committed to maintain our training to the highest standards and to ensure members reach their objectives and goals which lead to success, whilst actively encouraging and guiding you within the sport. We are always striving to improve your fitness and ability, but most of all we wish to create fun and enjoyable training environment. Producing role models and ambassadors that will help promote and encourage others to understand and better themselves by getting involved in sport.

**Why choose Norwich City Boxing Club? Boxing Competitively**

We have a dedicated team of coaches and backed up a strong administration team, the coaches have many years’ experience in the sport between them.

We regularly invite numerous other clubs to our facilities in order to provide quality sparring opportunities. We enter our boxers into local competitions and travel nationally to compete in various tournaments including elite level, boxers that are acknowledged to have natural talent will be reviewed by ‘England Talent Scouts’ and considered for national squad development training.

Each individual boxer is encouraged and inspired to reach their optimum potential, we provide every opportunity to succeed. All our boxers need to do is work hard in order to reach their own aspirations.

No experience is necessary, just come along to any of our recreational sessions and speak to us about your individual goals and ambitions. For boxers looking to compete, they must have completed the ‘Boxing Awards’ programme and progress to the licensed class.

**For Fitness**

Boxing fitness is regarded by many as superior to any other sport. We welcome everyone to participate in our fun, varied and exciting sessions. There is no need to ever step into the ring or have any boxing or sparring contact (unless you want to of course!), we have many members that come along purely to get fit, toned and conditioned.

**The Disciplines**

Our club is a fantastic safe haven and great social environment in which to thrive. The underpinning essential disciplines taught within the sport can improve all round mental wellbeing. Our members see improvements in focus, self-control, self-motivation, self-esteem, confidence and communication skills. All key ingredients in building successful individuals futures.

**Exceptional Standards**

We fully adhere to England Boxing's comprehensive policies and procedures. All of our staff are fully DBS checked, first aid and child welfare trained. We consistently look at avenues of continual professional development to enhance our knowledge, continue advancing and keep up to date with the latest innovative training techniques and practices.

**CLUB RULES FOR BOXERS**

Norwich City Boxing club is fully committed to safeguarding and promoting the wellbeing of all its members. The club believes that it is important that members, coaches, administrators and parents associated with the club should, at all times, show respect and understanding for the safety and welfare of others. Therefore, members are encouraged to be open at all times and to share any concerns or complaints that they may have about any aspect of the club with Coaches or other members of the training team

**As a member of Norwich City Boxing club you are expected to abide by the following code of conduct:**

* All members must play within the rules and respect officials and their decisions.
* All members must respect the rights, dignity and worth of all participants regardless of gender, ability, cultural background or religion.
* Members must pay any fees for training or events upfront; failure to do so may mean withdrawal from the club membership.
* All external additional training should be discussed with the head coach.
* Use correct and proper language at all times.
* Junior members are not allowed to smoke on club premises or whilst representing the club at competitions.
* Junior members are not allowed to consume alcohol or drugs of any kind on the club premises or whilst representing the club. And the club has the right to withdraw membership if found out.
* Boxers must respect the coaches at all times

**Failure to follow this code of conduct could result in an immediate ban from the club.**

**CODE OF CONDUCT FOR PARENTS/CARERS**

• Encourage your child to learn the rules and play within them.
• Be respectful to coaches and officials at all times.
• Help your child to recognise good performance, not just results.
• Never force your child to take part.
• Always use polite and appropriate language in and around the gym.
• Publicly accept officials' judgments.
• Ensure that the club name is not being damaged on social media or through gossip.
• If you have a concern, complaint or grievance, please report in writing to the head coach, chairman or welfare officer as per the policies available to view on the website.

**Failure to adhere to this code of conduct could result in an immediate ban from NCABC.**

**BOXING CLUB MEDICAL QUESTIONNAIRE CONFIDENTIAL**

Member Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DOB:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Regular physical activity has many health benefits, however, some people should check with their doctor before they start. When planning to undertake physical activity, you should start by answering the questions below. If you are in any doubt, consult with your G.P. before commencing exercise.

**Please read the questions carefully and answer them honestly by circling YES or NO.**

**HEALTH SCREENING QUESTIONNAIRE**

1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor? **YES / NO**
2. Do you feel pain in your chest when you do physical activity? **YES / NO**
3. In the past month, have you had chest pain when you were not doing physical activity? **YES / NO**
4. Do you lose balance because of dizziness or do you ever lose consciousness? **YES / NO**
5. Do you have a bone or joint problem that could be made worse by a change in your physical activity level? **YES / NO**
6. Have you ever had any problems with your back? **YES / NO**
7. Is your doctor currently prescribing any medication for your blood pressure or a heart condition? **YES / NO**
8. Is there any family history of heart disease, stroke, raised cholesterol or high blood pressure? **YES / NO**
9. Do you suffer from diabetes/epilepsy/asthma? **YES / NO**
10. Are you pregnant, or have you given birth in the last six weeks? **YES / NO**
11. Do you have, or have you had any illnesses recently? **YES / NO**
12. Have you recently had surgery? **YES / NO**
13. Do you know of any other reason why you should not do physical activity? **YES / NO**

**If you have answered ‘yes’ to any of the questions above, please can you give brief details: (We may require you to obtain written consent from your G.P. before agreeing to allow you to undertake any physical exercise in the gym)**

**Photography**

*I agree to my son / daughter being the subject of appropriate photography and other visual media as outlined in the EB ‘Child Protection Policy’ [Photography] available on the England Boxing website and the Norwich City ABC website.*

Boxers will also participate in running sessions either around the ring road or at Sloughbottom park; this is instructed, and risk assessed by our coaches, however boxers should only participate if they are a) fit and healthy and b) can demonstrate competency with basic roadside awareness. Boxers are encouraged to run in pairs with high vis vests.

I have read and fully understood the Boxing medical Questionnaire, codes of conduct and other appropriate policies (found on the policies section of our website) I confirm that, to the best of my knowledge, the answers are correct and accurate. I know of no reason why I should not participate in an exercise workout. I understand that I would be using the Health & Fitness facilities entirely at my own risk and waive any legal recourse for damages to myself or property arising from my participation.

**Please note that a mandatory non-refundable payment of £10 is required to become a member of NCABC; this covers administration costs.**

**Your personal information WILL NOT be shared with any third party.**

**Please also note that boxers MUST NOT enter the gym and train without supervision from a qualified coach.**

**PARENT / GUARDIAN FULL NAME:**

**DOB:**

**RELATIONSHIP:**

**HOME ADDRESS:**

**ALL 24 Hr CONTACT NUMBERS: [HOME}: [MOBILE]:**

**DECLARATION**

**DO YOU GRANT AUTHORITY**

**YES / NO**

**PRINT NAME: SIGNATURE:**

**Participant DECLARATION**

I have understood and answered all of the above questions honestly. I understand that I should not exercise if I feel unwell and that if my health changes I should inform my coaches.

Signed Member: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Admin check:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ *For Children under 16 and adults with learning disabilities, a parent / carer signature is required on their behalf.*