Code of Conduct / Health and Safety

All students participating in a Krav Maga or Kali class, membership, workshop or course conducted by TSKM (Tactical Survival) must agree to be bound by this Code of Conduct. TSKM reserves the right and at our sole discretion, to immediately remove anyone and revoke the membership or grading of any student who fails to comply with this Code of Conduct without refund. The TSKM Code of Conduct is subject to change, and we reserve the right to update or modify these terms at any time, at our sole discretion.

A. Participant Understanding

Krav Maga (self-defence system) and Kali (Filipino Martial Arts), both 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 student participating in a class conducted by TSKM does so with the full understanding that whilst it is the policy of TSKM to minimize this risk, the nature of contact physical activity prevents its total elimination. Bumps, bruises and small accidents do happen occasionally and this is to be expected. Students participating in a class conducted by TSKM do so of their own volition and at their own risk.

B. Health and Safety in Training

Having said that, all TSKM students are expected to:

1. "Treat their training partners, as you would treat yourself."
2. Avoid injuring their partner by exercising duty-of-care - operating in collaboration and respect to help each other grow and develop.
3. Demonstrate self-control and self-awareness at all times and maintain all care in the application of any technique. (i.e. when learning new techniques or skills, always practice slowly and carefully at 50% intensity. Only increase speed and power with consent from your partner.)
4. Any student, who in training exhibits behaviour that, according to an instructor, poses physical danger or emotional harm to other participants, shall not be allowed to continue training until the instructor determines the danger is no longer present.
5. Any student who feels physically or emotionally unsafe whilst training with a partner (s) can make a discreet complaint to an instructor, who will make a decision to either a) observe discreetly first, or b) to ask the training partner to change their behaviour, or c) ask the training partner to sit out, or d) ask the training partner to leave. Every student has the freedom to stop training and sit out at any time, if they feel unsafe.
6. Have protective equipment according to your level. e.g. mouth guard, groin guard, MMA fingerless gloves for beginners.
7. Not wear jewelry, watches, necklaces, rings and earrings during training. If they cannot be removed, they must be securely taped over.
8. Not chew gum whilst training.

C. Etiquette

All TSKM students are expected to:

1. Be a respectful and dedicated student. Be a good and respectful training partner to fellow students at all times.
2. Attend classes, when possible, to enable progress. If away for more than 2x weeks, please communicate to the instructor via text or email.
3. Be punctual. Arrive 5-10 minutes before the start of the session, so that they are ready to train when class commences.
   (If arriving late, wait at the side of the room until the instructor indicates that a student may join in.)
4. Unless "on-call" for work or family, please mute mobile phones during training.
5. Not consume food and/or drink (water is ok) whilst in the training area.
6. Not attend training under the influence of alcohol or illegal drugs.
7. Not smoking in the Training Area.

D. Club Ethics

All TSKM students are expected to:

1. Adhere to a healthy club culture: Be humble. Be teachable. Be disciplined. No egos, no posers, no 'tough guys', no unwarranted showmanship, no over-confidence (which can get you in trouble on the streets). You are not here to prove yourself better than others.
2. Remember Krav Maga (in particular) is non-competitive. Understand we are here to learn collaboratively how to defend & survive real threats.
3. Be courteous and respectful to each other, showing utmost respect to all instructors, assistants, fellow students, visitors and guests.
4. Not act in a disrespectful, undisciplined or unsportsmanlike way that could affect the class, create a negative club culture, or bring the club into disrepute, or harm the club in any way. Any student seen taunting, arguing, intimidating or is verbally abusive will be removed indefinitely.
5. Use only appropriate physical contact with other students according to the training situation, during both on mat/off mat settings, and where necessary for skill development.
6. Not behave in any way that can be interpreted as unwanted attention, sexual harassment (defined as being where a student is subjected to unwanted/uninvited attention, advances, physical contact, comments or sexual behavior). Our club is not a place to hit on others, pick up, or hook up, but to train. Each student should be there for the purpose of training.
7. Anyone caught or reported in any kind of behavior causing others to be uncomfortable, fearful, upset or concerned will be asked to leave the club. We have a zero-tolerance policy on this.
8. Not behave in any way that can be interpreted as discrimination or bullying based on sexuality, gender, ethnicity, language, colour, or race.
9. If you have a complaint or feedback about the classes or training offered by TSKM, we ask that you express that to our team of Instructors or Chief Instructor directly so we can address it, rather than complain to each other or fellow students.
10. Understand the club is not a place for promotion or recruitment of other services or agendas (be it political, social, commercial, other products, competing services or schools) of any kind that is not part of TSKM, or consistent with the primary purpose and ethos of TSKM.
11. Please keep TSKM director informed of any regular/recurring social events that involves large groups (4+) of TSKM members outside classes.
12. Please request permission first from TSKM director before arranging any extra practice sessions involving other TSKM members (other than your family/partner/friend that started with you) outside the official classes. This is for the safety of our members, and the unity of the club.
13. No patched gang members, gang-affiliated, or gang-related members sorry.

E. Membership/Term Fees

Memberships are valid for 1 term, and cannot be extended into next term unless you were injured in-class or cannot attend due to some unforeseen circumstance such as an emergency, terminal sickness or bereavement in the family. Other personal circumstance does not apply.

Term fees are to be received no later than due dates on invoice. Regardless of your paying method, whether 1) upfront OR 2) weekly automatic-instalments, joining a term is an agreement you will commit to paying for the *whole* term you have chosen. This is an agreement much like a gym membership. Term fees are not refundable or pardoned if you don't show up. TSKM commits to providing you with classes, and you are committing to a term financially when you enrol in a term. Please understand receiving coaching is a *partnership* between student and teacher where timely fee payment is a sign of respect. We thank you for your support of what we do, and the service we provide in our community.

F. Hygiene and Presentation

All TSKM students are expected to:

1. Display a high level of personal hygiene during every class, course, grading, or other related TSKM event.
2. Give proper attention to hygiene and exhibit clean grooming, wear anti-perspirant deodorant and ensuring that fingernails are trimmed and clean.
3. Wear freshly-washed clean clothes during all sessions. Free of odours. Students inappropriately attired will not be allowed to train.
4. Pants: Tracksuit pants, sport shorts, cargos pants, loose fitting pants, sports leggings are allowed.
5. Tops: Your own t-shirt for beginners (TSKM shirt for Level 2+). Each student should bring extra top to class should the first top become too wet from perspiration.
8. Shoes: Clean sport shoes, runners or cross trainers are best. No steel cap work boots.
6. Keep dry and hydrated: Bring a towel and filled water bottle to each training session.
7. Keep protective equipment clean, dry and free of odours and smells. We recommend disinfectant sprays.

G. Illness or Injury (Health and Safety)

All TSKM students are expected to:

1. Wash and dry hands thoroughly BEFORE and AFTER each class. Use hand sanitizers regularly throughout the session.
2. Cough or sneeze inside your shirt.
3. Tell the instructor if suffering from any injury or medical condition, either permanent or temporary, which may be adversely affected by certain types of training. (e.g. cardiac disorders, blood pressure problems, neck and back injuries, asthma, infectious diseases)
4. If you have an injury or medical condition, and if requested by TSKM, to secure a medical certificate clearly stating that the student is able to participate in classes conducted by TSKM, and whether there are any restrictions or conditions applicable.
5. Stop training immediately if suffering a cut, bleeds or injury and receive first aid immediately.
6. Colds/Flu: Not attend if they are suffering from any cold symptoms, flu, throat or other respiratory symptoms.
7. Covid: Not attend for 14 days if you caught Covid, until testing clear.

H. 'Sparring'/Full Contact Combative Practice/Pressure Testing (Health and Safety).

All TSKM students are expected to:

1. Demonstrate ability to control intensity-level at all times, according to the intensity-level set by instructors. Able to follow instructions.
2. Have all compulsory protective equipment at all times while sparring. If they have not purchased the correct protective equipment or forgot to bring it with them, they will not be able to spar.
3. Wear an extra clean shirt when using the TSKM club's body-armour vests during sparring.

I. Grading

All TSKM students are reminded that:

1. Grading days are offered at the Chief Instructor's discretion. Instructors can put a student's name forward to the Chief Instructor, and the chief instructor will decide whether a student is ready for grading or not. This decision is made through careful observation and consideration over several weeks. TSKM will then let the student know whether they are ready or not.
2. To pass a grade a student must demonstrate full competence in the grading level and show good understanding/memory of all techniques, mind set, physical accuracy and control.
3. In assessing a student, the instructor also takes into consideration such factors as respect, consistency of attendance, attitude, humility, cooperation, commitment, focus and attention during training sessions, as much as a student's knowledge of the Krav Maga syllabus to the level he or she wishes to grade
4. To secure grading a student must be a current financial member of TSKM and have been attending training sessions/courses on a regular basis for a full term or longer.
5. Grading fees must be paid before grading.
6. The decision of the Chief Instructor/School Director is final and to be respected.
7. If not successful in grading, we encourage students to not give up and continue training on regular basis until the next grading.

J. Personal Responsibility

All TSKM students are reminded that:

1. They are not to use the skills they are taught against any person, except for the defense of themselves, their family friends or innocent bi-standers in the instance of extreme danger or unprovoked attack, or in the support of NZ legislative law and order. Any student found to be terrorizing, bullying or harassing any student or members of the public, faces immediate expulsion from the club.
2. The instructors are not obliged to teach any student that does not show the expected level of respect, attitude or commitment.
3. We reserve the right and at our sole discretion, to immediately remove anyone and revoke the membership or grading of any student who fails to comply with this Code of Conduct without refund. The TSKM Code of Conduct is subject to change, and we reserve the right to update or modify these terms at any time, at our sole discretion.