

■ Muay Thai Class Code of Conduct

To help everyone learn, grow, and enjoy training safely, all students must follow this Code of Conduct at all times — inside and outside the gym.

1. Respect Your Coach

- Always listen carefully when the coach is speaking.
- Follow instructions the first time they are given.
- Show respect through your words, actions, and effort.

2. Respect Other Students

- Treat all teammates with kindness and respect.
- Help others learn and improve — never make fun of anyone.
- No rough play, bullying, or teasing of any kind.

3. Show Good Sportsmanship

- Win or lose, always be humble and respectful.
- Shake hands or bow before and after training or sparring.
- Encourage others and be a positive example.

4. Practice Self-Control

- Muay Thai is for discipline and self-defense, not for fighting outside class.
- Use your skills responsibly and only in class or competition.
- Keep your temper under control at all times.

5. Take Care of Equipment and the Gym

- Keep the gym clean and tidy.
- Respect all training gear — do not misuse or damage it.
- Wear proper training attire and keep personal hygiene in check.

6. Be On Time and Ready to Learn

- Arrive on time and warm up properly.
- Bring your water, gloves, and other gear.
- Stay focused during class and give your best effort.

7. Safety First

- Stop immediately if you or someone else is hurt.

- Follow all safety rules and sparring guidelines.
- Tell the coach if you are feeling unwell or uncomfortable.

■■ Consequences for Breaking the Code

- A verbal warning may be given for minor issues.
- Continued or serious misconduct may lead to temporary suspension.
- Repeated or severe violations can result in expulsion from the class.

Remember: Muay Thai is not just about fighting — it's about respect, discipline, and becoming the best version of yourself.

Student Signature Parent/Guardian Signature