



Start/End of Class.

- When you arrive at the school, please ensure that an instructor or adult SWAT Team member is present before you leave your child unattended. Also, please ensure that you arrive in time to collect your child as soon as their class has finished. We cannot be responsible for children outside of the actual class times.
- The changeover between classes is a busy time. All students should arrive and be changed and ready to begin at least five minutes before their class starts.
- Please ensure students are in their proper uniform, with their belt tied correctly before the class begins. All junior members need to be able to tie their own belt. Please help them to learn this at home.
- The wearing of jewellery is not permitted in class. Earrings must be removed or taped.
- If a class is in progress, students should wait in the cloakroom until the previous class has finished and they are called into class by an instructor or SWAT Team member.
- All students and visitors should bow when entering and leaving the dojang. We ask parents to observe this rule to help reinforce the message that the dojang is a special place for Martial Arts training.
- Should a student arrive late they should wait at the back of the hall until the instructor in charge of the class invites them to join in. Please note that should a child arrive more than 5 minutes late without prior arrangement, then depending on the nature of the lesson they for safety reasons they may not be permitted to join the class.

During Class

- You are of course very welcome to stay and watch your child's class, but please remember, if you do we expect you to observe the same rules inside the training hall (Dojang) as the students do.
- The fundamental rule which you must remember is that the dojang is not a place to socialise. It is a special place reserved for the practice of the martial arts. We expect all visitors to the school to respect this and to help us to maintain this atmosphere.
- Please do not talk inside the dojang. If you wish to talk to other parents, please do so outside.
- If you have a mobile phone please turn it off or ensure that it is on silent mode so that it will not disturb the class. If you need to talk on your phone please take it outside.
- Two of the fundamental things we are trying to develop are focus (concentration) and good discipline. To enable us to do this it is very important that your child's sole attention is on the instructor in charge of the class. Even if you sometimes feel frustrated that your child is perhaps doing something incorrectly, please do not interrupt the class or distract your child from what they are doing. If you have any questions, please speak to an instructor after the class has finished.
- The only people who should be on the floor during class are the Instructors and the students who are in uniform and actively training.
- Students who are not taking part in the class should remain quiet to show respect for those who are.
- Parents who are bringing in smaller children are reminded to keep them under strict control at all times so they do not disturb or distract the class. This applies equally before and after class, the hall is not to be treated as a play area.

General Notes

- When class has finished remember to praise your child for the effort they made. Try to focus on the things they did well and do not make an big issue of anything they were less confident on. It can sometimes take many weeks to pick up a new skill so don't be too concerned if they don't learn something new right away.
- Remember to give yourself a pat on the back after class for bringing in your child and encouraging them in their martial arts training. Sometimes (especially during holiday times) there are many distractions which will be vying for your child's attention. It is important that you as parents maintain a structure and routine that the child can understand and their martial arts training is an ideal example.