

LMA Youth & Community Development (LMA Academy)

Rules, Terms, and Conditions of Membership and Training

Class Rules and Requirements:

1. All members must sign in at reception before beginning any class.
2. Members must wear footwear while walking outside the training mats.
3. Do not walk barefoot in the gym before entering the training mats.
4. Remove all metal objects, jewelry, piercings, necklaces, and clothing with zips before class.
5. No footwear, food, or drink on the mat.
6. Mobile phones must be switched off or muted before class.
7. Sit or stand quietly and maintain good posture when the instructor is demonstrating techniques.
8. If you are late, wait at the side of the training area for permission from the instructor to join.
9. Ask for permission from the instructor if you need to leave the mat/class.
10. Acknowledge and respect your training partners at all times.
11. Keep talking to a minimum and ensure it relates to the class subject.
12. No foul language inside the gym/academy.
13. Be respectful of your surroundings, staff, instructors, and fellow members.
14. Avoid using excessive force in class, even when sparring. We are a team, and injuries mean one less training partner.
15. Keep fingernails and toenails short for safety and maintain high personal hygiene standards.
16. Training kit/uniform must be kept clean. A dirty uniform is a sign of disrespect and can spread germs. If you take more than one class per day, use a fresh uniform for each class.
17. Wearing an official LMA Academy uniform for all classes is requested.
18. Members are requested to wear a rash guard for all classes to prevent injuries.
19. Use only approved protective equipment/clothing in class. Non-approved sparring equipment is not allowed.
20. Minimum requirements for contact/sparring classes include mouth guards, groin guards, 16oz boxing gloves (10oz for children), and shin guards with instep.
21. Ensure your clothing and protective equipment are suitable for use by consulting a coaching team member.

Gym Area & Equipment Rules and Requirements:

1. Under 16s are not permitted to use gym equipment.
2. Only members with express permission from the gym owners can use exercise equipment.
3. Wear appropriate attire when exercising. Jeans, boots, and work wear are not permitted.
4. Wear suitable sports footwear when using machines and walking through the gym (not on the mats).
5. Maintain personal hygiene in the gym.

6. Leave gym equipment and mats as you found them.
7. Seek advice from qualified staff if unsure how to use equipment.
8. Report faulty equipment to reception immediately.
9. Do not attempt to use or rectify faults on any equipment.
10. Do not misuse gym equipment.

General Terms and Conditions:

1. Report all incidents at reception or to a staff member immediately.
2. Read the fire notice upon entering the building and be aware of all fire exits.
3. In an emergency, leave the building through the nearest fire exit.
4. Do not take photographs or videos or post remarks online that may identify another member without their permission.
5. Members are responsible for their own personal property. Use lockers where provided.
6. Lockers are for use during training sessions only. Lockers will be emptied at night, and items moved to lost property.
7. LMA Academy accepts no responsibility for lost or damaged personal property.
8. Possessing or using illegal substances will result in a ban.
9. Smoking, including e-cigarettes, is prohibited in all areas of the gym.
10. Management has the right to refuse admission to anyone deemed unfit to train or behaving dangerously.
11. Rude or abusive language, or the threat or use of violence, will not be tolerated.
12. Only authorized Personal Trainers may train members within the facilities.
13. Management reserves the right to amend the rules, membership fees, opening and closing times, and facilities availability at any time.
14. By accessing the gym, using equipment, or participating in a class, members are deemed to have read and understood the rules, terms, and conditions of their membership.
15. Failure to comply with these terms may result in membership cancellation and a potential ban from the premises.
16. LMA Academy is not responsible for students outside of the premises.

Health PAR-Q Member Information:

Before starting any training program, ensure you are fit and healthy to do so. Please read the following questions carefully and answer honestly.

1. Has your doctor advised you not to do any physical exercise or training?
2. Are you pregnant or postnatal? (Female only)
3. Do you suffer from asthma or breathing difficulties?
4. Have you been in hospital in the last 3 years?
5. Are you taking any medication?
6. Do you suffer from diabetes or epilepsy?
7. Do you suffer from an allergy?
8. Has your doctor ever said you have a heart condition and should only do physical activity recommended by a doctor?
9. Do you ever feel pain in your chest when you do physical activity?
10. In the past month, have you had chest pain when you were not doing physical activity?

11. Do you lose your balance because of dizziness or do you ever lose consciousness?
12. Do you have a bone or joint problem that could be made worse by a change in your physical activity?
13. Do you know of any other reason why you should not do physical activity?

If you answer "YES" to any of these questions, or are uncertain of any answers, contact LMA Academy staff before signing and training at this facility or notify us through the appropriate Microsoft forms link.

LMA Academy Disclaimer:

Engaging in any form of exercise carries risk. Health problems or weaknesses may become apparent, potentially leading to injury, illness, or fatality. Our staff, agents, and subcontractors are not medically trained. Seek independent medical advice before engaging in physical activity on our premises.

Members may request a comprehensive induction (fees applicable) for gym equipment usage. LMA Academy will not accept liability for personal injury during physical activity. Members use the facilities at their own risk.

Martial arts can be dangerous. Bumps, bruises, and minor injuries are common. Serious injuries, such as fractures or torn ligaments, though less frequent, are possible. Crippling or fatal injuries, while remote, are a risk. Members accept that LMA Academy is not liable for such injuries sustained during training.

LMA Academy, our staff, agents, and subcontractors shall not be held responsible for injury, accident, illness, or death beyond the duty implied by the Occupiers Liability Act 1984 as amended from time to time.

Member Agreement Declaration

By signing, you warrant, declare, and acknowledge that:

1. The information you provide upon joining is correct and relied upon by us.
2. You have answered the Par-Q questionnaire honestly, with no "YES" answers.
3. To your knowledge, you are in good health and capable of engaging in exercise without it being detrimental to your health.
4. You will advise us immediately should your health or vulnerability to injury change.
5. You have read and agree to the LMA Academy Rules, Terms, and Conditions of membership.
6. You have read and agree to LMA Academy Martial Arts Training Etiquette.
7. You accept all risks associated with gym and martial arts training and absolve LMA Academy, instructors, staff, agents, and subcontractors of liability.
8. This agreement is binding upon checking the 'I have read and accept the Academy Rules, Terms and Conditions and Membership Agreement Declaration' box, providing a physical signature, or a virtual signature on Microsoft forms.
9. A written copy of this agreement can be requested at the LMA Academy gym.
10. LMA Academy is not responsible for students outside of the premises.

Name

Date

Address

Contact Number

Parent/Guardian Name

Parent/Guardian Contact

Signature

Parent/Guardian Signature (if under 18)

Please complete the above form and submit it to LMA Academy.