



HU LONG TEMPLE

SCHOOL OF CHINESE MARTIAL ARTS & WELLBEING

REGISTERED UNDER THE BRITISH COUNCIL FOR CHINESE MARTIAL ARTS (BCCMA) AND THE SAFEGUARDING CODE IN MARTIAL ARTS (SCIMA)

CODES OF CONDUCT FOR MEMBERS

Hu Long Temple is fully committed promoting the wellbeing of all its members. Hu Long Temple believes that it is important that members and visitors associated with the school 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 compliments or concerns that they may have about any aspect of Hu Long Temple with **Kim-Leng Hills (Safeguarding Lead)** and / or **Shifu Matt Bindon (Headteacher)**.

Key people you need to know:

- ▶ **Shifu Matt Bindon** — He is the Headteacher and Founder of Hu Long Temple. He is your teacher for all classes/workshops, and the lineage holder of our entire system.
mattbindon@hulongtemple.com
- ▶ **Shi Jie Kim-Leng** — She is the Safeguarding Lead, Wellbeing Counsellor (BACP) and senior student under Shifu Matt Bindon. kim-leng@hulongtemple.com
- ▶ **Shi Xiong Rob** — He is the senior student under Shifu Matt Bindon.

After your fourth lesson, and if you wish to keep training, you will be invited to join the Hu Long Temple and the BCCMA as a member. As a member of Hu Long Temple, you are expected to abide by the following code of practice:

All members are expected to:

- Refer to Shifu Matt Bindon as “Shifu”, this means “Teacher”. This is in line with following traditional KungFu.
- Notify Shifu, Shi Jie or Shi Xiong before the training time if you have any injuries or you are not feeling well before you attend class so they can advise accordingly.
- Read and familiarise yourself with our Policies, you can access all the Policies on our website www.hulongtemple.com.
- Bow on entering and exiting the training hall.
- Be friendly and particularly welcoming to new members.
- Respect the rights, dignity and worth of all participants regardless of age, gender, ability, race, cultural background, religious beliefs or sexual identity.
- Keep yourself safe in how you train - know your limitations.
- Let Shifu, Shi Jie or Shi Xiong know if you need to leave the training hall, so we know where you are.
- Report inappropriate behaviour in class on the same day, or as soon as possible.
- Report any accidents to Shifu, Shi Jie or Shi Xiong immediately.
- When sparring or partnering with a fellow student, respect them and their ability, be mindful if they are under 18, and be aware of any medical ailments.
- Make Hu Long Temple a safe place to be by being respectful.
- Always bring your own bottle of water.
- If you are feeling faint or unwell let Shifu, Shi Jie or Shi Xiong know and sit to the side, they or another First Aid trained student will help you. Do not leave the training area.
- Behave and listen to all instructions from Shifu, Shi Jie and Shi Xiong. Train within the rules and respect their decisions.
- Take care of equipment owned by Hu Long Temple or their members.
- Refrain from the use of bad language or racial / sectarian references. This includes bullying and using social media, the internet or text messaging.
- Not get involved in inappropriate peer pressure and push others into something they do not want to do. Report it instead.
- Keep agreed timings for training and try to inform Shifu if you are going to be late.

- Pay any fees for training or events promptly. Do not expect Shifu to have to remind you.
- Not smoke on school premises or whilst representing the school.
- Do not bring the school into disrepute out of class as you may be asked to leave.
- Not consume alcohol or drugs of any kind on the premises, before and during a class / event, or whilst representing the school.
- Not teach anyone else what you have been taught, unless you have written permission from Shifu Matt Bindon.
- Not use what you have been taught on others, unless for real, genuine self defence.
- Keep mobile phones turned off before training begins.
- Use Toilets/Changing Rooms or private areas to get changed. Be mindful of other genders and children.
- Wear Uniform and suitable kit for training:
 - **Kung Fu / Taiji:**
 - Hu Long Temple Top
 - Appropriate footwear such as Feiyue's (Shi Xiong can order shoes for you).
 - If going bare foot, please ensure nails are cut short and verrucas are covered.
 - Suits and trousers can be ordered directly through us or from Enso Martial Art Supplies: <https://shop.ensomartialarts.com/brands/enso-martial-arts/>
 - **Sanda:**
 - Same as the above including 8oz Gloves and your own Focus Pads, this is for hygiene reasons.
 - For Sparring you will require to purchase: Full-Contact Head guard, Groin guard / Cup, Shin Guards, Chest Guard, Gum Shield, Appropriate training shorts
Equipment can be purchased from www.blitzsport.com

In return all members have the right to:

- Be safe.
- Be respected and treated fairly.
- Privacy, unless you are making a disclosure, please be aware that this information may be passed on to relevant safeguarding professionals.
- Enjoy their training in a protective environment.
- Be referred to professional help if needed.
- Be able to disclose about any form of abuse or immediate harm.
- Participate as appropriate to their ability.
- Ask for help.
- Have any concerns listened to and acted upon.

Any minor misdemeanours and general misbehaviour will be addressed by the Headteacher and/or the Safeguarding Lead. More serious or persistent misbehaviour may result in an investigation and potentially dismissal from Hu Long Temple and the BCCMA. Parents / carers will be informed at all stages.

Signature of member	
Print name of member	
Date	
Signature of parent / carer	
Print name of parent / carer	
Date:	