

ZEN COMBAT ACADEMY LTD

PARENTS & CARERS CODE OF CONDUCT

Supporting safe, positive and inclusive martial arts participation



Organisation	Zen Combat Academy Ltd
Document owner	Zen Combat Academy Ltd Management
Effective date	25 September 2026
Review date	September 2027 or sooner if required
Version	1.0
Applies to	All Zen Combat Academy Ltd activities, premises, events and trips

1. PURPOSE AND SCOPE

Parents and carers are an important part of the Zen Combat Academy community. This Code sets out the behaviour and practical responsibilities expected of parents, carers and other responsible adults supporting a child or young person in Academy activities.

The aim is to create a safe, respectful and encouraging environment in which children can develop confidence, skills, friendships, fitness, discipline and enjoyment without unnecessary pressure.

Safeguarding framework

This Code should be read alongside the Academy safeguarding policies. Zen Combat Academy Ltd follows current safeguarding law and government guidance applicable to sports clubs and organisations in England, including Working Together to Safeguard Children 2026.

2. BEFORE AND AFTER TRAINING

- Make sure your child arrives in good time and is collected promptly at the agreed finish time.
- Tell the Academy in advance where possible if another person will collect your child or if collection arrangements change.
- Ensure your child has appropriate clean kit, protective equipment, medication where required, and enough suitable drink/food for the activity.
- Complete consent, emergency-contact, medical and other required forms accurately and keep the Academy updated when information changes.
- Tell the coach about injuries, illness, medication, concussion symptoms or other relevant issues before training begins.
- Do not leave a young child unattended outside the agreed supervision arrangements before or after a session.

3. SUPPORT YOUR CHILD POSITIVELY

- Encourage effort, learning, confidence, discipline and enjoyment rather than focusing only on winning, medals, belts or selection.
- Praise progress and resilience and avoid comparing your child negatively with other students.
- Do not pressure a child to train, spar, compete, grade or continue when they are injured, frightened or clearly distressed.
- Talk with your child about what they enjoy, what they find difficult and what they want to achieve through martial arts.
- Encourage your child to take appropriate responsibility for their behaviour, kit, attendance and sportsmanship as they mature.

4. RESPECT COACHES, OFFICIALS AND TRAINING BOUNDARIES

- Treat coaches, instructors, volunteers, officials, other parents and all students with respect.
- Do not shout abusive instructions, intimidate officials, confront children, or undermine a coach during a session, grading or competition.
- Do not enter the training area, ring, cage, mat or competition area unless invited or required for an emergency.
- Accept referee and official decisions appropriately. Any concern should be raised through the correct event or Academy process, not through confrontation.

- Avoid coaching your child from the sidelines where it conflicts with the instructor's directions or distracts students from safe training.

5. SAFEGUARDING AND RAISING CONCERNS

- Talk to the Academy if you are worried about your child's welfare, behaviour, treatment, participation or safety.
- Report any safeguarding concern, disclosure, suspected abuse, grooming, bullying or inappropriate adult behaviour promptly through the Academy safeguarding procedure.
- Do not investigate safeguarding concerns yourself, confront an alleged perpetrator where doing so could increase risk, or ask a child repeated questions about a disclosure.
- If a child is in immediate danger or needs urgent medical attention, contact emergency services on 999.
- Use the Academy complaints process for service or conduct concerns that are not immediate safeguarding emergencies.

6. EQUALITY, INCLUSION AND RESPECT

- Support an inclusive environment in which students are treated with dignity regardless of disability, race, religion or belief, sex, sexual orientation, gender reassignment or other background or characteristic.
- Do not use discriminatory, humiliating, sexual, threatening or abusive language in person, online or at events.
- Respect that some children, including disabled and neurodivergent students, may train, communicate, grade or participate differently and may receive reasonable adjustments.
- Do not criticise another child or family because they receive additional support, adapted coaching or a different approach.
- Encourage your child to show kindness, patience, good sportsmanship and respect for different abilities and needs.

7. SOCIAL MEDIA, PHOTOGRAPHY AND ONLINE CONDUCT

- Use social media responsibly when referring to Zen Combat Academy Ltd, its students, staff, events or opponents.
- Do not post humiliating, abusive, discriminatory or threatening content about children, coaches, officials or other families.
- Respect photography and filming restrictions, including safeguarding or consent-based restrictions relating to particular children.
- Do not share another child's personal information, medical information, safeguarding information or private messages without a lawful and legitimate reason.
- Raise concerns directly through Academy procedures rather than escalating disputes through public social-media arguments.

8. COMPETITIONS, GRADINGS, EVENTS AND TRAVEL

- Follow event rules, safeguarding arrangements, collection procedures, travel instructions and any venue requirements.
- Ensure your child has the required equipment, documentation and medication for events and travel.
- Remain responsible for your child where the Academy has not expressly accepted supervision responsibility.

- Follow agreed curfews, accommodation rules and safeguarding arrangements on residential or overseas trips.
- Do not attend Academy activities while so impaired by alcohol, drugs or other substances that your behaviour or ability to safeguard your child is affected.

9. COMMUNICATION WITH THE ACADEMY

- Keep contact details up to date and read important Academy safety, payment, timetable and safeguarding communications.
- Discuss development or concerns at an appropriate time rather than interrupting a class or challenging a coach in front of students.
- Tell the Academy about reasonable adjustments, communication needs or family circumstances that are relevant to your child's safe participation.
- Where a concern cannot be resolved informally, use the Academy Formal Complaint Form and Complaints & Disciplinary Policy.

10. BREACHES OF THIS CODE

Zen Combat Academy Ltd will try to resolve concerns proportionately and fairly. Depending on the seriousness or repetition of behaviour, action may include a discussion, written expectations, restrictions on attendance or access to training areas/events, a formal complaint or disciplinary process, safeguarding action, or exclusion from Academy premises/events. Serious threats, violence, abuse, harassment or safeguarding concerns may be referred to the police or other appropriate authorities.

11. RELATED ZEN COMBAT ACADEMY DOCUMENTS

- Safeguarding Children Policy and Procedures
- Safe Practice Policy and Procedures
- Equality, Diversity & Inclusion Policy
- Complaints & Disciplinary Policy and Procedures
- Safeguarding Travel Policy and Procedures
- Photography / Social Media requirements and relevant consent forms

ACKNOWLEDGEMENT

I confirm that I have read, understood and agree to follow this Code of Conduct. I understand that breaches may be addressed under Zen Combat Academy Ltd policies and may result in restrictions, disciplinary action, removal from duties or exclusion where appropriate.

Parent / Carer name	
Signature	
Date	
Zen representative / witness	