



## ENGLAND BOXING BEST PRACTICE

### CODE OF CONDUCT – BOXERS

- Always do your best in every situation.
- Always be punctual for training and competition and be ready and prepared at the appropriate time given to you by your coach or team manager.
- Attend all meals and eat the appropriate food ensuring that adequate levels of nutrition and fluids are consumed.
- No boys should enter girls changing rooms and vice versa.
- No intimate relationships shall be allowed between players or players and coaches travelling together.
- Treat all accommodation with the utmost respect ensuring that they are not the subject of damage and are left tidy when vacating – all damage or losses must be reported to the coach or team manager.
- Never bring other persons of the opposite gender to yourself into accommodation areas unless permitted and supervised by your coach or team manager.
- Never bring alcohol or drugs into your accommodation or purchase or consume such substances whilst travelling or accommodated during EB tournaments, camps or squads.
- Never use foul or other inappropriate language.
- If you are stopped or detained by hotel security, police or other recognised authority, you must inform your coach or team manager immediately.
- On tours, camps or squads, all boxers should be in their respective rooms at the following times and should not leave unless in an emergency:
  - 18 years and over – at the discretion of the coach or Team manager.
  - Under 18 years – 10.30pm
  - Under 15 years – 10pm
  - Under 13 years – 9.30pm

*Always observe curfews set by your coach or team manager – breaches may result in disciplinary action.*



There may of course be circumstances where these timings cannot be achieved however variations may only be sanctioned by the chief coach or team manager.

- If you cannot sleep when retired, you should be resting.
- If you feel unwell or have an accident, you should report this to your coach or team manager immediately.
- At tournament venues, always treat it with respect and always ensure that you leave it tidy after your use.
- You must always be respectful to EB Coaches, Team managers and officials – dissent will not be tolerated during competition under any circumstances.
- Boxers should not take or otherwise interfere with another boxer's or coach's property.
- When travelling in vehicles seat restraints must be always used.
- When travelling abroad all boxers must respect the local culture, clothing and customs of the country visited.
- Boxers should at all-time be aware, when travelling abroad they are representing the Amateur Boxing Association of England and are ambassadors of England.
- Always obey instructions given by coaches or the team manager.
- Always be polite to all people you meet whilst a member of a team or squad, particularly your opponents and fellow team members.
- Always be aware of your personal safety as you would in your home environment, do not wander off alone, do not engage in conversation with strangers and under no circumstances should you enter a stranger's vehicle.
- If you ever become separated from your party whilst abroad, always report to the nearest police station, if at a port or airport contact the port security post or at or near a tournament venue, contact a member of the organising committee.
- Take responsibility for yourself in and out of competition or training.
- Use any free time constructively relaxing or focusing on the next stage of training or competition.
- Always respect and never underestimate your opponent.
- Always encourage and support your fellow team members without behaving in an unsporting way towards your opponents.
- Never bully a fellow team member or an opponent – this will not be tolerated under any circumstances.



- **BRENTWOOD CENTRAL BOXING GYM VALUES**
- **LOYALTY**
- **DISCIPLINE**
- **PATIENCE**
- **FAMILY**
- **RESPECT**
- **BELIEVE&ACHIEVE**