

Codes of Conduct

Revised 2nd February 2026

Revision 1.0

The purpose of this document is to outline the behaviors that are acceptable and unacceptable within our association. As members of the English Karate Federation it is mandatory for us to follow the **Code of Conduct for All Members**, which can be found [here on the EKF website](#).

The definitions used within this document will be used,

Child – any student under the age of 18 years

Youth – any student secondary school age to 18 years

Adult – any student 18 years and above

Following codes of conduct should be used in addition to the rules of the association.

Association Rules

- Always wear a clean ironed gi with the club badge.
- Ensure you are at dojo at least five minutes before the class starts.
- **Always** bring your training record booklet with you when you attend training.
- Ensure that you get your training record booklet signed each time you train.
- **Never** use karate outside of the dojo unless as a last resort of self-protection.
- It is the student's responsibility to ensure their licence is kept up to date (they cannot grade, train, compete or claim against accident insurance if their licence is out of date).
- Keep your training record booklet safe and in good condition.
- Ensure that you are fully conversant with these rules and dojo etiquette.

Dojo etiquette

- Bow when entering or leaving the dojo.
- If you are late, bow at the dojo door, kneel and wait for the Sensei to give you permission to enter the dojo.
- Always address the instructor as Sensei.
- Students should not talk during the class unless it is to ask for assistance.
- Students must train with a serious attitude and complete concentration.
- Act in a responsible manner in and out of the dojo.

Code of Conduct for Children

As a child student under the age of 18 years, I have the right to:

- Be safe and protected
- Be listened to
- Be respected and treated fairly

- Be believed
- Ask for help
- Be coached by someone who has the right qualifications

As a youth student I will respect the Code of Conduct and I will:

- Be friendly and supportive to other students
- Keep myself safe
- Tell my coach if I am ill, injured or don't feel safe
- Compete fairly and respect other students and officials
- Respect the rules of my club
- Behave and listen to all instructions from my coach and officials
- Take care of equipment owned or provided by the club or training facility
- Keep to agreed timings for all club activities
- Tell my parents/carers where I am or if I am going to be late
- Use safe transport

I will not:

- Use bad language or take part in any inappropriate or illegal behaviour
- Bully anyone or pressure them to do things they do not want to, including online
- Use my mobile phone during training, competitions, or in changing rooms
- Carry or consume alcohol or illegal substances

I understand that if I do not follow this code actions can be taken, parents/carers will be informed and I may:

- Be asked to apologise for my behaviour
- Receive a verbal or written warning from my club or English Karate Federation
- Be suspended from attending club training sessions for a fixed period of time
- Be asked to leave the club

Code of Conduct for Adults

As an adult student I will:

- Respect the rights of every student, coach, technical official and others involved in Karate and treat everyone equitably
- Uphold the same values away from dojo as I do when engaged in Karate
- Participate within the rules of the martial art
- Consistently promote positive aspects of the martial art and never condone rule violations or the use of prohibited substances
- Challenge and report inappropriate behaviour by others
- Maintain strict boundaries between friendship and intimacy with a coach or official
- Maintain strict boundaries between friendship and intimacy with a fellow student unless consent is mutually agreed
- Adhere to the EKF Code of Conduct for All Members

I will not:

- Swear or use abusive language whilst in athletics venues, at club functions and events, or when as part of a team/squad
- Engage in inappropriate or illegal behaviour
- Misuse or abuse sporting equipment and venues

I understand that if I do not follow the Codes action can be taken and I may:

- Be asked to apologise for my behaviour
- Receive a verbal or written warning from my club or English Karate Federation
- Be suspended from attending club training sessions for a fixed period of time
- Be asked to leave the club

Code of Conduct for:

- Instructors
- Assistant Instructors
- Safeguarding Officers
- Volunteers

The EKF Code of Conduct for All states the values and standards always expected. In addition to these, when in my capacity as one of the above:

I will:

- Be a positive role model for Karate by acting in a way that projects a positive image of my role and being fair, considerate and honest with students and instructors
- Maintain appropriate membership, insurance and criminal records check to allow me to fulfil my role
- Display high standards in my language, manner, punctuality, preparation and presentation to ensure that all time spent with me by participants or colleagues is a positive experience
- Exercise reasonable care and skill when carrying out my duties, including but not limited to, keeping up to date with the latest practices and development by taking advantage of personal and professional opportunities made available to me
- As an instructor seek to inspire and motivate in accordance with an individual's abilities to enable them to participate to the best of their ability and realise their potential
- Ensure that the training environment is safe and appropriate for the age, physical and emotional maturity, experience and ability of the athletes
- Ensure that I follow instructions and comply with all health and safety regulations that apply to the role I am undertaking

I will not:

- Conduct an inappropriate relationship with a student under 18 years of age (an intimate relationship with someone under 16 years is a criminal offense)

- Not exert undue influence to obtain personal benefit or reward
- Neglect my responsibility for any child in my care at any time
- Vacate the venue until the supervision of the safe dispersal of all the students complete (NB delegation of this duty may be allocated to another official)
- Bully a child either physically or verbally, nor reduce a child to tears as a form of control
- Engage in rough, physical or inappropriate behaviour
- Allow the use of inappropriate language to go unchallenged
- Do things of a personal nature for a player that they can do for themselves
- Contravene the additional guidelines outlined in the Safeguarding Policy and related policies.
- Contravene other English Karate Federation policies in place from time to time.
- Engage in behaviour against the values of English Karate Federation and with the express aim of creating conflict with other coaches and clubs.

I will abide by this code of conduct and promote it to others. I understand that if I do not follow this code or associated guidelines, the following sanctions may be taken by CMA Karate Association and the English Karate Federation:

I may:

- Receive a verbal warning, written warning and/or fine
- Be placed under mentoring of another club coach
- Be suspended for a fixed term period either from full club training
- Be removed from English Karate Federation as a registered member and club
- Be required to attend safeguarding training or training appropriate to the breach
- Be removed from English Karate Federation and referred to the relevant criminal records service

Code of Conduct for Parents/Carers

The enjoyment and safety of your child when involved in an activity is of paramount importance to English Karate Federation. Every participant will be encouraged and asked to ensure their behaviour and actions meet the values and standards always expected of them. As parents/carers, you are asked to support our all-encompassing code of conduct and additionally:

As a parent/carer, I will:

- Encourage my child to uphold the rules of association and respect instructors' decisions
- Support my child's efforts and performance, giving positive comments that
- Motivate and encourage continued effort and learning
- Understand that competition is about winning and losing, so results are always accepted without undue disappointment
- Be a positive role model to my child by helping them to work towards skill improvement and good sportsmanship
- Remember that children learn best by example

- Thank the instructors and other volunteers who give their time for my child
- Respect the rights, dignity and worth of all people involved in karate, regardless of any protected characteristic
- Promote this code of conduct to other parents, carers and supporters
- Be aware of the Safeguarding Policy and ensure that any concerns are reported to the Association Safeguarding Team and/or the Safeguarding & Compliance Officer at English Karate Federation

As a parent/carer, I will not:

- Pressure my child in any way; I know that this is their art not mine
- Use inappropriate language, harass students, instructors, or other parents/carers
- Criticise or ridicule my child for making a mistake or losing during or after training
- Force my child, if they are unwilling, to participate in the training
- Arrive at an activity under the influence of alcohol or drugs
- Use social media to bring the sport into disrepute or make an inappropriate comment about an athlete, coach, official, volunteer or any other member of English Karate Federation
- Consume alcoholic drinks either immediately prior to or while being at a Karate activity where my child is participating
- Take part in any illegal activity including the taking of illegal substances either immediately prior to or while being at a Karate activity where my child is participating

I understand that inappropriate pressure on children, and poor behaviour of adult spectators can sometimes make children drop out of martial arts. I accept that this code promotes good spectator behaviour and that if I do not follow this code action will be taken and I may:

- Be asked to apologise for my behaviour
- Receive a verbal or written warning
- Receive a fixed term suspension from attending club training sessions and events
- Be suspended from attending all domestic and national competitions
- Be required to leave the club