

RENTON
BOXING CLUB
GYM RULES & REGISTRATION FORM
YOUTH MEMBER GUIDANCE AND REGISTRATION

🥊 **RENTON BOXING CLUB** 🥊

Our Gym Kids Rules

⚠️ **HEALTH & SAFETY NOTICE:** Due to health and safety reasons, we cannot allow children into the club to participate without a completed registration form on file. No exceptions can be made.

Welcome to the club! Here at Renton Boxing Club, we train hard, look out for one another, and are the best teammates we can be. Whether it is your very first day at the John Connolly Centre or you've been here forever, these rules are here to keep our gym safe, fun, and super friendly for everyone!

"Every champion starts with one brave step. Keep showing up, keep learning, and believe in what you can achieve."

— Renton Boxing Club

1. Ready for Training! ⭐

- **Water Bottles:** Always bring your own water bottle to training. Make sure your name is written on it so it doesn't get mixed up with anyone else's!
- **Your Gym Clothes:** You can wear whatever sports clothes you like best and feel comfortable moving in. Just remember that boxing training can be tough, so the club does not accept any claims for damage to designer clothing worn during training sessions.
- **Cool Trainers:** Make sure your shoes are ready for both indoor training and running outside. Keep them tied tight and clean!
- **Winter Vests:** When we train outside in the winter dark, the club will give you a bright, high-visibility vest to wear so everyone can see you safely.

2. Fuel for Champions 🍌

Our Gym Rules

- **No Chewing Gum:** Chewing gum is not allowed at training. It is dangerous and you could choke while running or boxing.
- **No Sweets:** Please leave sweets, sugary treats, and fizzy drinks at home. We need healthy energy for boxing!
- **Healthy Snacks:** To get the best out of your workout, we want to promote healthy eating wherever possible. Fruit or a healthy snack is a great choice to bring and eat after you finish a hard workout.
- **Tuck Shop:** At the end of training, our club tuck shop will be open selling fresh fruit and cold bottled water. We might even have special treats for holidays like Christmas or Halloween!

3. Celebrating You! 🎉

- **Birthdays & Big News:** We love to cheer you on! Tell the coaches if you have a birthday coming up, or if you did something amazing outside of boxing (like doing great at school). We want to give you a big shout-out at the end of class!
- **Good News & New Friends:** Before we head home, we always sit together to talk. You can share your own good news stories, catch up with your teammates, and make brand-new friends.

4. Talk to Your Adults (and Us!) ❤️

We want every single kid to love coming to our gym. We always strongly encourage parents to tell the coaches if there is any adverse behaviour within our youth training sessions. This helps us deal with any worries children may have, nip any issues in the bud immediately, and ensure everyone feels totally safe, happy, and included.

5. Welcome the New Kids 👋

- **First-Day High-Fives:** Every single champion was the new kid once. If you see someone new walking in, give them a high-five, tell them your name, and show them where the boxing gear goes.
- **Nobody Trains Alone:** If we are doing partner work or fitness drills and someone doesn't have a partner, invite them to join you. We never leave anyone standing alone in the corner.

6. Be Proud of What You Can Do 💪

- **We All Learn Together:** Everyone in this gym has different strengths and skills. Be proud of how hard you try and how much better you are getting every single week!
- **Help Beginners:** Remember what it felt like on your very first day. Always respect what new members can do, and help them enjoy learning how to box.

7. Strong in the Ring, Kind in the Gym 🤝

- **Be a Helper, Not a Bully:** We use our boxing strength to learn, protect, and improve—never to be mean or scare anyone.
- **Help Your Team:** Be the awesome teammate who helps someone tie their boxing gloves, adjust their headguard, or tidy up the skipping ropes when training is finished.

8. We Are One Big Family 👨‍👩‍👧‍👦

- **Cheer for Each Other:** We love loud voices! If your teammate lands a great combination on the pads or works super hard, cheer them on as loud as you can.
- **Listen to the Whistle:** When the coaches blow the whistle or start talking, we freeze, listen, and learn together as a team.

9. Take Care of Our Gym 🧼

- **Tidy Up Your Gear:** Put your gloves, pads, and skipping ropes back exactly where they belong. True champions respect their gym floor and look after their gear.
- **Keep It Clean:** Put your rubbish in the bin. A clean gym is a happy gym!
- **Keep Trying:** Don't worry if you make a mistake—that just means you are trying hard! Laugh off the slips, learn from the misses, and always keep moving forward.

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Registration Form

⚠️ **MANDATORY REGISTRATION:** This form must be completely filled out and signed before any child can participate in club training sessions.

1. Child's Details

Full Name:		**Date of Birth:**	
Age:		**School / Year:**	
Address:			

2. Emergency Contact Information (Two People Required)

Primary Contact (Parent/Guardian)		**Secondary Contact (Emergency Backup)**	
Name:		**Name:**	
Relationship:		**Relationship:**	
Phone No:		**Phone No:**	
Alt Phone:		**Alt Phone:**	

3. Medical History & Health Declaration

Please declare any medical conditions, allergies, or health information that our coaches and medical professionals need to know to ensure your child's safety.

Asthma / Inhaler required?	☐ Yes	☐ No	Provide details here if YES to any item:
Allergies (Food, Medicine, Latex)?	☐ Yes	☐ No	
Heart conditions / Fainting / Dizziness?	☐ Yes	☐ No	
Joint, bone, or muscle injuries?	☐ Yes	☐ No	Doctor Contact Info:
Any other medical condition or medication?	☐ Yes	☐ No	

4. Sensory Needs, Comfort and Support in Class

Please use this section to tell us about anything that may help your child feel safe, comfortable, and ready to take part. You do not need a diagnosis to share information. Please include your child's views wherever possible.

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Possible in-class supports/interventions to discuss and agree

Please tick any options you would like to discuss. Supports should be agreed with the child and parent/guardian.

☐	Visual timetable or clear advance explanation
☐	Demonstrations and step-by-step instructions
☐	Additional processing time
☐	Quieter area or reduced noise where possible
☐	Planned sensory or movement breaks
☐	Access to a quiet pause space
☐	Gradual introduction to equipment, touch, or partner work
☐	Choice of alternative equipment or lower-stimulation activity when appropriate
☐	A named coach check-in or supportive buddy
☐	An agreed stop/pause signal
☐	Positive reassurance and a calm return-to-activity plan
☐	**Other:**

Important: Supports will be agreed with the child and parent/guardian, used where reasonably practicable and safe, and reviewed as the child's needs change. This is not a substitute for clinical assessment or treatment.

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5. Photography & Media Consent Form

Renton Boxing Club is proud of our training environment and community events at the John Connolly Centre. We occasionally take photographs or record video footage of training sessions, award circles, and seasonal celebrations to update our official website and club social media pages. This helps promote the club, celebrate child milestones, and encourage physical activity in line with Boxing Scotland and Child Protection Scotland frameworks.

⚠️ **IMPORTANT** LEGAL WARNING FOR DIGITAL IMAGES & SOCIAL MEDIA:

While Renton Boxing Club takes every measure to ensure your child's security, parents and guardians must note that once images or videos are uploaded to the public internet, they are subject to open-access environments. The club cannot control downstream actions taken by automated tools, internet users, or third parties, including but not limited to mouse clicks, right-click downloads, screenshotting, or scanning by Artificial Intelligence (AI) web crawlers. Renton Boxing Club strictly accepts responsibility and liability only for the administrative deletion of files on our own controlled channels upon request. We cannot pull back or police images that have been scraped or stored outside of our systems by external digital tools.

☐	**I GRANT CONSENT** for Renton Boxing Club to capture and upload photographs/videos of my child to official club platforms. I understand the legal limits of digital data tracking outlined above.
☐	**I DO NOT GRANT CONSENT** for photography or promotional media use. My child will be excluded from group media publications.

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6. Statutory Rights & Legal Co-Signatures

In accordance with Scottish law, Child Protection Scotland guidelines, and the Age of Legal Capacity (Scotland) Act, children aged 12 years or older possess distinct rights regarding their own privacy and digital footprints. Therefore, any youth member aged 12 or over must explicitly co-sign this form to give or withhold their consent. Both parents/guardians and children have the statutory right to request the absolute removal and deletion of any imagery under club control at any time.

Parent/Guardian Signature:		**Date:**	
Parent/Guardian Printed Name:			
Child Signature (If 12 or Over):		**Date:**	
Child Printed Name:			

Compliance Note: This combined document is prepared to align with Boxing Scotland Safeguarding Polices, OSCR governance rules, the Getting It Right For Every Child (GIRFEC) outline, and the Data Protection Act/GDPR.

Information sharing in an emergency: Where necessary to provide first aid, respond to an emergency, or protect the child's welfare, information provided on this registration form may be shared with relevant health professionals, ambulance or paramedic responders, club coaches, and the Club Child Protection Officer. Information will be shared only where necessary and appropriate for the child's immediate care, health and safety, or safeguarding.