

Behaviour Policy for Fitness Classes

- 1. Purpose** The purpose of this Behaviour Policy is to ensure a safe, respectful, and positive environment for all participants in our fitness classes. This policy outlines the expected behaviour and the consequences of not adhering to these expectations.
- 2. Scope** This policy applies to all participants, including children, parents, and guardians, attending our fitness classes.
- 3. Legal Framework** This policy is in accordance with the Education and Inspections Act 2006 and the Equality Act 2010.
- 4. Equality and Diversity** We are committed to promoting equality and preventing discrimination. This policy covers all protected characteristics under the Equality Act 2010, including age, disability, gender reassignment, race, religion or belief, sex, and sexual orientation.
- 5. Special Educational Needs and Disabilities (SEND)** We will make reasonable adjustments and provide additional support to accommodate and support participants with SEND, within the limits of our instructors' training and capabilities.
- 6. Parental Involvement** Parents and guardians will be involved in promoting and maintaining good behaviour through regular communication, meetings, and involvement in the resolution of behavioural issues.
- 7. Positive Behaviour Reinforcement** We will promote and reward positive behaviour through praise, rewards, and recognition.

8. Expected Behaviour

For Participants Aged 5-14 Years:

- Show respect to the instructor, staff, and fellow participants at all times.
- Follow the instructions given by the instructor.
- Use kind words and actions towards others.
- Respect the equipment and facilities provided.
- Arrive on time for classes and notify the instructor in case of absence.
- Wear appropriate clothing and footwear for fitness activities.

For Participants Aged 15-18 Years:

- Show respect to the instructor, staff, and fellow participants at all times.
- Follow the instructions given by the instructor.
- Refrain from using inappropriate language or behaviour.
- Respect the equipment and facilities provided.
- Arrive on time for classes and notify the instructor in case of absence.
- Wear appropriate clothing and footwear for fitness activities.
- Take responsibility for their own actions and behaviour.

9. Unacceptable Behaviour

For Participants Aged 5-14 Years:

- Bullying, harassment, or discrimination of any kind.
- Physical or verbal aggression.
- Vandalism or misuse of equipment and facilities.

- Disruptive behaviour that affects the class.

For Participants Aged 15-18 Years:

- Bullying, harassment, or discrimination of any kind.
- Physical or verbal aggression.
- Vandalism or misuse of equipment and facilities.
- Disruptive behaviour that affects the class.
- Any behaviour that poses a safety risk to themselves or others.

10. Consequences of Unacceptable Behaviour

For Participants Aged 5-14 Years:

- Verbal warning from the instructor.
- Temporary removal from the class.
- Notification to parents or guardians.
- Permanent removal from the fitness program.

For Participants Aged 15-18 Years:

- Verbal warning from the instructor.
- Temporary removal from the class.
- Notification to parents or guardians.
- Permanent removal from the fitness program.
- Discussion with the participant to understand the impact of their actions.

11. Procedures for Reporting and Addressing Behavioural Issues Participants are encouraged to report any incidents of unacceptable behaviour to the instructor or staff. All reports will be taken seriously and addressed promptly.

12. Review and Monitoring This Behaviour Policy will be reviewed annually and updated as necessary to ensure its effectiveness.

13. Behaviour Outside of Classes This policy also applies to behaviour outside of classes, such as during trips or online interactions.

14. Use of Reasonable Force In line with legal requirements, reasonable force may be used to manage behaviour if necessary.

15. Inclusion Considerations

- **Assessment and Consultation:** Before allowing participants with physical disabilities or special needs to join the class, an individual assessment will be conducted, involving consultation with healthcare professionals to determine if Kangoo Jumps rebound exercise is safe and appropriate for them.
- **Alternative Options:** If Kangoo Jumps rebound exercise is not suitable for some participants, alternative equipment or exercises may be offered to provide similar benefits without the risk.
- **Inclusive Classes:** Separate classes specifically designed for participants with physical disabilities or special needs may be offered to tailor the exercises and equipment to their abilities and ensure a safe and supportive environment.
- **Communication with Participants and Parents:** Clear communication with participants and their parents or guardians about the suitability of Kangoo Jumps rebound exercise and any alternative options available will be ensured.
- **Safety and Supervision:** Adequate supervision will be provided during classes to monitor the safety and well-being of all participants, especially those with physical disabilities or special needs.

16. Disclaimer: Instructor Limitations Please note that our fitness class instructors are not trained to work with individuals with physical disabilities or special needs. While we strive to create an inclusive environment, we may not be able to accommodate all participants within the same group. We recommend consulting with a healthcare professional to determine the suitability of our classes for individuals with specific needs. Alternative options or separate classes may be available to ensure the safety and well-being of all participants.