

## MEMBERSHIP PROSPECTUS



### Fitzroy Lodge Club History

The Lodge was established in 1908 by an eminent Lambeth Doctor and practicing surgeon, Dr Lionel Baly, a local man of means with a social conscience who used the name of his boarding house at Belsize College where he trained. He first set the club up as a multi-sports facility and Scout troop at a time when many local youngsters would have been living in abject poverty and the poor general state of health of the British population had been highlighted by the rejection of 40% of the recruits for the Boer War some eight years earlier.

This was at time of 'National Efficiency' and part of the Liberal Reforms after 1906 and after a while the Lodge itself became dedicated to Amateur Boxing and was housed in a gym with three rings in Walcott Square until it was destroyed by German Bombing in 1939. For seven years, The Lodge moved into the Clarence Arms accommodation of our South London rivals Lynn ABC and staged shows together to help the Second World War effort. In 1946, the Club leader Ernie Stagg moved the Lodge to our current Railway arch location, a former snooker hall and bomb shelter in Lambeth Road.

The derelict site had to be refurbished from scratch and the two rings erected in the same position today and were the practice grounds for numerous champions as Fitzroy Lodge emerged as one of the UK's top Amateur Boxing Clubs during the 1950's and 60's and this legacy continued with the retirement from competition of Mick Carney and Billy Webster who became the lead coaches and continued as one of the most successful partnerships seen in amateur Boxing, producing local, regional and national champions.

Sadly both Mick Carney and Billy Webster passed away in the year of 2011, but they, in turn, left behind a huge legacy that is being continued by a group of ex –Fitzroy Lodge boxers, all of whom were trained and boxed under both Mick and Billy. They are Club Leader and Head Coach Mark Reigate, Junior Coach Grant Andrews and Match Maker Adam Martin.

After all these years, the Fitzroy Lodge still sends out its boxers wearing the white vest with the famous Black Hoops and long may it continue.

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### CODE OF CONDUCT – BOXERS

- Always do your best in every situation;
- Be punctual at all times 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 ABAE 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;

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- 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 ABAE 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 coaches property;
- When travelling in vehicles seat restraints must be used at all times;
- 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 at all times 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.

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### RULES FOR MEMBERS

Fitzroy Lodge ABC is fully committed to safeguarding and promoting the wellbeing of all its members. The club believes that it is important that members, coaches, administrators and parents associated with the club should, at all times, show respect and understanding for the safety and welfare of others. Therefore, members are encouraged to be open at all times and to share any concerns or complaints that they may have about any aspect of the club with Mark Reigate, Club Leader.

As a member of Fitzroy Lodge ABC you are expected to abide by the following code of conduct:

- All members must play within the rules and respect officials and their decisions.
- All members must respect the rights, dignity and worth of all participants regardless of gender, ability, cultural background or religion.
- Members should keep to agreed timings for training and competitions or inform their coach or team manager if they are going to be late.
- Members must wear suitable kit – tracksuit, trainers or boxing boots, tshirt, jumper – for training and competition sessions, as agreed with the coach/team manager.
- Members must pay any fees for training or events promptly.
- Members are not allowed to smoke on club premises or whilst representing the club at competitions.
- Members are not allowed to consume alcohol or drugs of any kind on the club premises or whilst representing the club.

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### CODE OF CONDUCT – PARENTS & CARERS

In order to gain the best experience from their involvement in sport, children and young people generally rely on their parents / carers for both emotional and financial support. This influence can be critical as their child becomes involved in national squads and competition. It is hoped that the following will prove useful to parents and carers to play a positive part in their child's progress in amateur boxing.

- Support your child's involvement and help them to enjoy all that amateur boxing has to offer;
- Encourage respect for the rules of amateur boxing, promote and support fair play and the acceptance of an official's decision;
- Encourage recognition of good performance in others as well as themselves;
- Do not applaud opponents unforced errors or their misfortune;
- Uphold high standards of behaviour, appearance and the importance of being a good team player;
- Establish a positive partnership with the coach in order to help provide the best possible balance between the demands of amateur boxing, education and home;
- Ensure that your child is aware of all the arrangements made for team tours and trips;
- Be punctual when collecting or delivering your child to the gymnasium or venue;
- Ensure that your child fully understands the requirements of this Codes of Conduct for boxers;
- Never exert undue pressure on your child to compete or to gain results. Be realistic about your child's ability;
- Always use appropriate language and ensure your child does the same;
- Under no circumstances condone a rule violation or the use of prohibited substances including alcohol and tobacco;
- Ensure that your child understands that they should take responsibility for their own safety;
- Show respect and trust the coach working with your child;
- If you have any questions or queries, please deal directly with the coach and not in front of the child. Do not compromise the relationship between the coach and the child;
- Encourage your child to take responsibility for their own actions both in and beyond the competition / training ring e.g. not blaming others or seeking excuses for their own shortcomings or mistakes, encourage their greater independence;
- You should immediately inform your child's coach if the child sustains an injury or illness however minor which will effect in any way the child's ability to train or compete;

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- In liaison with the coach, it may be your responsibility to transport your child to ensure punctuality at training sessions and at arrival and departure points when travelling to training camps, tours or competitions;
- When travelling to events, please ensure that you do not compromise the authority of the coach or team manager, it is always preferable that if travelling, you should find accommodation in an alternative hotel to that which the team is residing in;
- When at training or competition, always remember that your role is that of supporter. Please allow the coach space to work with your child and never comment publicly on any instruction the coach may give as this could be counter productive;
- If you are acting as a 'responsible adult' for the team, you must have successfully completed a ABAE approved 'Safeguarding & Protecting Children workshop';
- You should always ensure that coaches, team managers and boxers are aware at all times of how you may be contacted when / if needed whilst the child is away from home taking part in boxing activities.

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## EQUITY POLICY STATEMENT

### ***Fitzroy Lodge Amateur Boxing Club***

- This club adopts the ABAE Equity Policy and is committed to ensuring that equity is incorporated across all aspects of its development. In doing so it acknowledges and adopts the following Sport England definition of sports equity:
- Sports equity is about fairness in sport, equality of access, recognizing inequalities and taking steps to address them. It is about changing the culture and structure of sport to ensure it becomes equally accessible to everyone in society.
- The club respects the rights, dignity and worth of every person and will treat everyone equally within the context of their sport, regardless of age, ability, gender, race, ethnicity, religious belief, sexuality or social/economic status.
- The club is committed to everyone having the right to enjoy their sport in an environment free from threat of intimidation, harassment and abuse.
- All club members have a responsibility to oppose discriminatory behaviour and promote equality of opportunity.
- The club will deal with any incidence of discriminatory behaviour seriously, according to the club and ABAE disciplinary procedures.

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### Fitzroy Lodge Amateur Boxing Club – Risk Assessment

Hazard	Risk Rating High/ Medium/ Low	Current Control Measures	Action Required
<b>(Walking along Gym Floor) - Trips, Falls</b>	Medium	Care in walking and running. Staff ensuring everyone takes care and no equipment is left out.	None
<b>General Gym Activities</b>	Low/ Medium	Injuries when falling, cuts, bruising, etc. Make sure boxers (and parents if under 18) are aware of risks.	Talk to boxers about gym safety i.e. wearing non-slip footwear as instructed.
<b>Handling Weights (free weight area) - Accident</b>	Medium	Fully qualified tutors used for activity, proper equipment used at all time.	None
<b>Sparring - injury</b>	Medium	Fully qualified tutors supervising any sparring sessions. Sparring only being allowed when boxers have proven themselves to be responsible enough and capable of safely doing so.	None
<b>Strikes to Head During sparring: Injuries: Concussion Broken or bleeding Nose.</b>	Low	Head guards, sparring gloves and gumshields are always worn and are mandatory. Boxers of roughly equal abilities should be sparring. Mismatches heighten the chance of injuries. A qualified 1st Aid trained person is present at all training sessions. Boxers are encouraged to spar with restraint. The aim of sparring is not to injure your opponent but to improve technique. An experienced coach supervises each sparring contest and boxers are not allowed to spar on their own. Sparring is carried out in accordance with regulations set down by the ABA.	All injuries are to be reported to the lead coach. First Aid will be provided and/or the Emergency Services called. An accident report form is to be completed for all Accidents.
<b>Cuts</b>	Low	Any boxer who suffers blood loss must immediately stop sparring, to stem the blood flow. Gloves are to be worn when dealing with all blood related injuries. Blood is to be cleaned up from the sparring ring. The ring is cleaned again at the end of the session.	For each sparring session the club should provide 2 buckets, one with clean water and one to be used for dirty 'bloodied' water.
<b>Strikes to Body Injuries: stomach Injuries</b>	Low	Strong abdominal muscles through training.	Report accident

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<b>Strikes to Groin</b>	Low	Groin cups can be purchased. Optional in sparring but mandatory in competition. The club does. Strikes below the belt are illegal and uncommon in sparring.	Report accident
<b>Muscle Strains or Sprains whilst running, weight lifting and/or boxing.</b>	Low	Boxers undergo a full warm-up and down before any training session. Running on the track in icy conditions should not take place. Spotters are used to ensure safety whilst weightlifting.	Report accident
<b>Major injuries during Competition. Knockouts resulting in Concussion, Unconsciousness, cuts.</b>	Low	For all ABA events, it is mandatory that paramedics are in attendance along with a Doctor. The injured person is removed to hospital.	If members are 'knocked-out' in a bout they must be checked by the doctor present and shall not compete again until passed fit to do so by a Medical Officer nominated by his Association/ Division (usually a period of 28 days) according to ABA rules and regulations (Section 2). The coaches at the club oversee this. All injuries in ABA bouts are covered by the association's insurance.
<b>Fire hazard</b>	Low	All members of the club should be aware of the Fire Exits in the club. All exits should be left clear of bags and the club should be clear where the assembly points are.	
<b>Inappropriately Qualified Coaches</b>	Low	All coaches are registered and affiliated to the ABA and must comply with the University's regulations. All coaches must submit copies of their qualifications, first aid qualifications (if they possess any) and proof of Personal Indemnity Cover.	
<b>Inexperienced Boxers</b>	Low	Inexperienced boxers are thoroughly instructed in the basics before being allowed to practice on the bags. They are not allowed to spar until they demonstrate a reasonable level of proficiency and control.	All registered boxers must undergo a medical by a registered GP before being given a boxing card. This is organised by the club leader who will contact the GP to arrange the medical.
<b>Using or Manoeuvring around the Treadmills</b>	Low	Care in walking and running - On and around the machine.	Ensuring that boxers are aware of the danger and have laced up their footwear properly.

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<b>Building and or equipment defects which could lead to a greater chance of injury e.g. slippery floors, defective lighting, problems with the assembly of the sparring ring etc</b>	Low	Club members should report any defects within the building to the Club Leader	None
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