



YOUR HEALTHY CHOICE AMBASSADOR

MJKO RULES OF ENGAGEMENT

Chore System: All MJKO participants must complete a chore before leaving to keep the space clean and safe in exchange for free programming. We are a community.

Engagement: At MJKO, we prioritize creating a safe environment for everyone. We encourage all champions to participate and take breaks whenever necessary, but we aim to keep you active and moving. Parents are welcome to drop in and out, but MJKO is a **spectator-free club**. Families are not allowed to stay to watch; however, if you want to volunteer, you must complete an application and police background clearance.

Physical Contact: There is no touching or hitting anyone, not even as a joke, except for supervised sparring of competitive athletes and controlled blocking drills. Athletes will never be made to participate in contact activities; they must choose to take part. MJKO's Head Coaches have been trained in Safe Sport, Values Based and Trauma Informed Coaching techniques.



Respect: All participants must show respect towards each other, coaches, and the MJKO Champion Centre. **Please address coaches by "Coach" followed by their name - for example, Coach Ibrahim, Coach Miranda, etc.** Please be mindful of the feelings and well-being of others. Let's make sure that everyone feels valued and safe.

Dress Code: All individuals must dress modestly at the Champion Centre. Changing attire must be done privately in the washroom. Wearing short shorts,



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going shirtless, or sports bras without a top are prohibited while training at MJKO. Please do not wear jewelry to the gym for safety reasons.

Cellphone Use: During programs, participants must work and avoid phone use, except for emergencies.

Bullying: MJKO is a space where bullying is not tolerated.

Workout time: Participants are expected to show up 15 minutes before class time and have their hand wraps on before class start time. Sometimes, due to unforeseen circumstances, you may arrive late. **The expectation is for the late participant to do a short independent warm-up and join the team without disruptions.**

Communication: To ensure respect towards our participants, we kindly request families to communicate with coaches before or after class and not during the class. If you need to reach your athlete during class, please call the gym at: 647-979-6556(MJKO). Do not use social media to communicate critical or confidential information, as volunteers monitor our accounts.

Please refrain from contacting MJKO coaches on their personal social media accounts. You must use MJKO's official accounts and respect the established healthy boundaries we have at MJKO.

Equipment: MJKO provides all equipment, but participants must wear comfortable clothing, refrain from wearing boots or flip-flops during workouts and **bring their own water bottles.**

Video/photos: Coaches/volunteers will take pictures and videos to share with our partners, funders, and social media accounts. If a participant cannot be photographed, don't hesitate to contact the Head Coach, Miranda Kamal.

Code of Conduct: MJKO members should be positive role models, manage their behaviours and reactions, and always show respect for others.

Suspension: Participants and families must follow regulations set out by the Rules of Engagement, Daily Rules, Code of Conduct and Diversity, Equity, and Inclusions documents located here <https://mjko.ca/policies/> . Failure to do so will result in immediate Suspension.