



1. In order to participate in Padwork sessions you must read and abide by all relevant Australian law and all Change Coaching Australia policies and procedures including our Health and Safety Policy, COVIDSAFE Procedure, Stay Home Procedure, Cleaning and Hygiene Procedure, Hand Hygiene Procedure, Personal Items Procedure, Waste Management Procedure, Entry/Exit Procedure, Parking Procedure, Amenities Procedure, Slips, Trips and Falls Procedure, First Aid Procedure, Emergency Procedure, Communication Procedure, Exercise and Apparel Procedure and Illness and Injury Prevention Procedure
2. Padwork sessions are a non-contact physical activity. You will not be permitted to participate with bare fists. Wrist wraps, (preferably 1.8m) gloves and focus mitts must be worn at all times. These items cannot be shared with others. Hire equipment is not recommended and at times is prohibited by law due to health restrictions. Your personal trainer can provide guidance regarding ergonomics of gloves and focus mitts in order to make a sound purchase
3. It is a condition of entry to complete a pre exercise health questionnaire and disclose any injury, illness, conditions or concerns that could be exacerbated during physical activity. If you are unsure about the impact of exercise on your condition, you must consult a doctor. If the questionnaire prompts you to seek medical clearance, you must provide your medical clearance prior to attending your first session. If you sustain an injury or illness anywhere and at any time after you sign up, you must advise your personal trainer and seek medical advice. If your doctor deems you unfit, you must obtain a medical clearance to resume
4. A medical check-up is recommended prior to commencing any exercise regimen. Please provide your blood pressure results to your personal trainer prior to attending your first session. You must inform your personal trainer of any change to your health status and if you feel unwell before, during or after a session
5. If you have a medical condition requiring an aid such as an epi-pen or an inhaler, please ensure you bring it to your session accompanied by a letter from your doctor regarding usage. You must make your aid known to your personal trainer on arrival, have it easily accessible and advise where it is located
6. Pace yourself and train within your limitations and be extra cautious during extremes of temperature. If you are at all concerned, consult your doctor. Consult your personal trainer if you haven't been undertaking any physical activity leading up to participating in Padwork sessions; if you fall pregnant or are returning from a pregnancy or if you are returning from an illness, injury or medical procedure
7. You must arrive 5 minutes prior to your session with your hands already wrapped. Partner allocation and other considerations are made on arrival. Warm up, cool down and stretch components are compulsory. Please do not disrupt the group once the session has commenced. Gates will be locked. If you are late, please do not attend
8. Although you are learning boxing techniques and combinations, you are punching pads for exercise, not for self-defence. Please do not use any techniques or combinations taught in sessions outside the group environment
9. Comply with Cancer Council sun smart advice. You will need to wear breathable clothing that provides coverage to protect against the sun's harmful rays. Please bring your own mosquito repellent; hat; sunglasses and sunscreen. These will not be provided due to varying individual requirements and potential for skin reactions to unfamiliar products





10. Review the Bureau of Meteorology (BOM) website for weather conditions. While the courtyard is semi enclosed with sails and heating; sessions will not run outside if it is raining due to potential slips, trips and falls hazards. We will keep you updated via Messenger; however it is the participant's responsibility to monitor BOM and/or Messenger. In the event it is raining, sessions of up to 12 participants will be conducted indoors. You must confirm your attendance as preference will be given to those on plans, then to those on packages and casuals will only be accepted if room capacity permits. In the event you are notified the SGPT session is at capacity, you will be permitted access to attend an alternative SGPT session in the period your plan or package is valid
11. Please monitor the Air Quality Index (AQI) website. If AQI reaches moderate levels, sessions will not run. We will keep you updated via Messenger; however it is the participant's responsibility to monitor AQI and/or Messenger. In the event AQI levels reach moderate or higher levels, sessions of up to 12 participants will be conducted indoors. You must confirm your attendance as preference will be given to those on plans, then to those on packages and casuals will only be accepted if room capacity permits. In the event you are notified the SGPT session is at capacity, you will be permitted access to attend an alternative SGPT session in the period your plan or package is valid
12. Please treat others with respect and be mindful of your language
13. Bring a padded exercise mat for floor exercises and stretches
14. Do not wear excessively baggy clothing as this could restrict or impair your movement. Close fitting, cotton clothing is recommended
15. Wear lace up, closed toe shoes suitable for exercise. Bare or partially exposed feet are not suitable for participation in this activity
16. Ensure you bring 2 litres of water (and electrolytes if you sweat profusely) and regularly hydrate before, during and after class
17. Remove all jewellery and leave it at home
18. Do not chew gum or have anything in your mouth that could cause you to choke
19. Place all belongings in the designated areas. Do not cause trips, slips and falls hazards or block thoroughfares
20. Do not walk or run across the path of other participants
21. Try and partner with someone of similar height and strength to you. In the event this cannot be avoided, you must adapt to your partner and follow your personal trainer's advice
22. The puncher must ask the pad holder if they are comfortable with the level of force, pace and accuracy executed and adapt accordingly. If the pad holder expresses lack of control or discomfort, the puncher must stop immediately. Upon permission to resume punching, please ensure you are contacting the centre of the focus mitts, reduce speed and power until the pad holder indicates otherwise
23. The pad holder must not move the focus mitts away until the punch has been executed and must not push down on the puncher's hands. The pad holder must not hold the focus mitts up if unprepared to receive a punch. The puncher must not attempt to execute a punch until the target becomes available and the pad holder is paying attention in order to avoid overthrowing and locking out joints. The puncher must use controlled movements. Excessive swinging is dangerous and will not be tolerated





24. If you are concerned about partnering with others for any reason; you may opt to partner with a family/household member and advise the personal trainer that you will not be circulating. Your personal trainer will in turn inform the group
25. As law permits during virus outbreaks, sessions may be able to run if contact is limited; time in proximity is limited; distancing measures are abided; progressive stations removed; equipment not shared; virus and hygiene procedures followed; appropriate PPE donned and you partner with a friend/family/household member
26. Numbers will be capped at 28 participants (14 pairs) in group sessions to allow sufficient physical space between pairs. Numbers may increase or decrease as stipulated by law, for example as imposed by government restrictions
27. Refrain from blowing, yelling, spitting, laughing, coughing, clearing your throat, sneezing and talking in the direction of your partner's face. Wear safety glasses or sunglasses and PPE if recommended by your treating physician and ensure your doctor trains you in correct donning techniques
28. Your boxing equipment may pose a biological and/or trip hazard. If you need to put your gloves down, please do so on the floor in a designated area, please do not place on any other surface
29. Disinfect gloves and focus mitts between every swap over and before and after sessions. Dispose of all waste (PPE, wipes, tissues etc) into a nappy bag and then into the waste reciprocal provided as per Change Coaching Australia Waste Management Procedure
30. Disinfect all personal items including your gloves, focus mitts, towels and wraps after every session. Segregate these items from your other personal items and wash your clothes immediately after your session
31. An anti-bacterial disinfection fogging machine and medical grade air purifiers are regularly used to sanitise the indoor studios
32. It is highly recommended and encouraged that you wear a heart rate monitor and regularly monitor your heart rate during the session. Slow down if you exceed 80% of your maximum heart rate or otherwise stay within a heart rate range recommended by your treating medical practitioner

