



CARDIOBOX (SPEEDBALL) PROCEDURE

1. In order to participate in CARDIOBOX (Speedball) individual and group sessions, you must read and abide by all relevant Australian law and all Change Coaching Australia policies and procedures
2. 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 a pre existing 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 commencement, you must advise your personal trainer and seek medical advice. If your doctor deems you temporarily unfit, you must obtain a medical clearance to resume, clearly stating that your condition is "stable and managed" in order to participate. Your trainer cannot train you without this expressed statement on your medical clearance
3. 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
4. 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
5. Numbers will be capped at 6 participants. Exclusive speedball stations are provided. You are only permitted to punch your designated ball to prevent transfer of germs. Exclusive rebounder stations are provided, please only jump on your allocated rebounder
6. CARDIOBOX (Speedball) sessions require speedball gloves be worn at all times. Hire equipment and sharing of gloves is not recommended and at times is prohibited by law due to health restrictions. Your personal trainer can provide guidance regarding purchase of gloves
7. You must arrive 5 minutes prior to your session to don your shoes. 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. 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 CARDIOBOX Speedball sessions; if you fall pregnant or are returning from a pregnancy or if you are returning from an illness, injury or medical procedure
9. Although you are learning boxing techniques and combinations, you are punching balls for exercise, not for self-defence. Please do not use any techniques or combinations taught in sessions outside the group environment
10. Please treat others with respect and be mindful of your language
11. Ensure you bring 2 litres of water (and electrolytes if your doctor recommends this) and regularly hydrate before, during and after class
12. Please bring a padded exercise mat for floor exercises and stretches
13. Do not wear excessively baggy clothing as this could restrict or impair your movement. Close fitting, cotton clothing is recommended





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14. Wear lace up, soft soled, closed toe shoes suitable for customised sprung floor. A pebble in your shoe could seriously damage the expensive sprung flooring system
15. Do not chew gum or have anything in your mouth that could cause you to choke
16. Place all belongings in the designated areas. Do not cause trips, slips and falls hazards or block thoroughfares
17. Height of speedball frames are adjusted to the user. Please move carefully in this studio and be aware of varying heights of the backboards in the studio so to be mindful not to hit your head
18. Do not rush or jump off your rebounder. When you have completed the rebounder activity, stand still, stop talking, look around and carefully take one foot and place it on the ground, slowly followed by your other foot.
19. As law permits during virus outbreaks, sessions may be able to run if distancing measures are abided; progressive stations removed; equipment not shared; virus and hygiene procedures followed and appropriate PPE donned if required
20. Your boxing equipment may pose a biological and/or trip hazard. If you need to put your gloves down, please do so in your bag in a designated area, please do not place on any other surface
21. Please disinfect your gloves, speedball and backboard after your session. 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
22. Although speedball stations face walls, please refrain from blowing, yelling, spitting, laughing, coughing, clearing your throat, sneezing and talking in the direction of others. Wear PPE if recommended by your treating physician and ensure your doctor trains you in correct donning techniques
23. Disinfect all personal items including your gloves, water bottles and towels after every session. Segregate these items from your other personal items and wash your clothes immediately after your session
24. An anti-bacterial disinfection fogging machine and medical grade air purifiers are regularly used to sanitise the indoor studios
25. 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

