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Our Anti-Bullying Policy

- Pride Kickboxing recognises that all Students have a right to work in an environment in which the dignity of individuals is respected and which is free from harassment and bullying. It is committed to eliminating intimidation in any form.
- The Policy applies to harassment on the grounds of disability, gender, marital status, sexual orientation, age, creed, colour, race or ethnic origin.
- Harassment breaches Pride Kickboxing Policy as outlined, and it is classified as a serious offence which may result in dismissal of class and further participation.
- The Policy applies to all Instructors, Students, and visitors of Pride Kickboxing.

DEFINITIONS

- Harassment is generally described as "unwanted conduct which affects the dignity of women or men at work; it encompasses unwelcome physical, verbal or non-verbal behaviour which denigrates or ridicules or is intimidatory". The essential characteristic of harassment is that the action(s) is unwanted by the recipient.
- The following interpretations and examples of harassment may be helpful in determining whether harassment has taken place.

General Harassment

"Harassment can take many forms and may be directed in particular against women and ethnic minorities or towards people because of their age, disability, gender / gender reassignment, marriage / civil partnership, pregnancy / maternity, race, religion or belief, sex, or sexual orientation. It may involve action, behaviour, comment or physical contact which is found objectionable or which causes offence; it can result in the recipient feeling threatened, humiliated or patronised and it can create an intimidating work environment.



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Sexual Harassment

"Sexual harassment can be defined as an uninvited, unreciprocated and unwelcome behaviour of a sexual nature which is offensive to the person involved and causes that person to feel threatened, humiliated or embarrassed. Examples of sexual harassment are:

- requests for sexual favours, including implied or overt promises of preferential treatment or threats concerning present or future club status;
- offensive gestures or comments;
- sexually-orientated jibes, innuendo or jokes;
- unwanted physical contact;
- The display of sexually offensive visual material such as calendars, photographs, books or videos.

Sexual harassment may be experienced by men or women as a result of the conduct of men or women. It applies equally regardless of grade or level of student and may also occur when dealing with external clients and/or members of the public".

Racial or Sectarian Harassment

"In the workplace, racial or sectarian harassment may take the form of actual or threatened physical abuse or it may involve offensive jokes, verbal abuse, language, graffiti or literature of a racist or sectarian nature or offensive remarks about a person's skin colour, physical characteristics or religion. It may also include repeated exclusion of a person from an ethnic or religious minority from conversations, patronising remarks, unfair allocation of work or pressure about the speed and/or quality of their work in a way which differs from the treatment of other employees."

Bullying

"Bullying is the intimidation or belittling of someone through the misuse of power or position which leaves the recipient feeling hurt, upset, vulnerable or helpless. It is often inextricably linked to the areas of harassment described above. The following are examples of bullying:

- Unjustified criticism of an individual's personal or professional performance, shouting at an individual, criticising an individual in front of others.
- Spreading malicious rumours or making malicious allegations.
- Intimidation or ridicule of individuals with disabilities and /or learning difficulties.
- Ignoring or excluding an individual from the team / group "



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RESPONSIBILITIES OF INSTRUCTORS

- Every instructor has an obligation to prevent harassment / bullying and to take immediate action once it has been identified, whether or not a complaint has been made.
- Allegations of harassment or bullying, received either informally or formally, must be dealt with promptly and sensitively.
- It is important that instructors recognise that sexual harassment is any sexual advance unwanted by the recipient or behaviour which causes offence to the recipient. Similarly, racial harassment is behaviour which is racially offensive to the recipient. Managers must therefore take care to ensure that they do not pre-judge situations based on their own sexual or racial attitudes and perceptions.
- It may not always be appropriate for an instructor to be involved with specific complaints. For example, if the complainant is male and wishes to speak to a male, but the instructor is female, or, if the complaint relates to the conduct of the instructor. The procedure below sets out the alternatives for such instances.

RESPONSIBILITIES OF ALL STUDENTS

- Every student has a personal responsibility **NOT** to harass or bully other students or visitors.
- A student who becomes aware of harassment or bullying occurring should bring the matter to the attention of his/her instructor.

REDRESS

- A student who feels that he/she has been harassed or bullied has a right to seek redress via the procedures set out below.

PROCEDURE FOR DEALING WITH HARASSMENT



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- A student who feels that he/she is being subjected to harassment or bullying may attempt to resolve the matter informally in the first instance. In some cases it may be possible and sufficient for him/her to explain clearly to the person(s) engaged in the unwanted activities that the behaviour is unwelcome, that it offends or makes him/her uncomfortable.
 - If at the initial informal discussion stage the circumstances are too difficult or embarrassing to approach the harasser alone, the complainant may wish to be accompanied by a friend or another student;
 - the complainant may wish to write a letter to the harasser (research has shown this to be very effective);
 - the complainant should keep a record of any incidents, detailing when, where, what occurred, and witnesses (if any);
 - In some cases victims of harassment or bullying may not be sufficiently confident to tell the harasser that his or her behaviour is unacceptable. Pride Kickboxing emphasises therefore that students **are not required** to approach the harasser in an attempt to resolve the problem informally, and are entitled to report the matter immediately if they so wish.
- Where the steps outlined above are unsuccessful or inappropriate, the complainant should raise the matter informally and in confidence with his/her instructor. Alternatively, the matter may be raised with the chief instructor (if felt necessary this could be of the same sex as the complainant).
- If the complaint relates to the conduct of the complainant's Instructor, the complainant may choose to discuss the matter with his/her lead assistant, sister clubs instructor or chief instructor.
- The instructor will discuss the matter with the complainant and agree a course of action. The complainant may be accompanied by a representative or friend at these meetings. The alleged harasser will also have the right to state their version of events to the manager and to also be accompanied by a representative or friend.
- The complainant must be assured that he/she will not be discriminated against or victimised for raising the complaint. Confidentiality will be observed throughout and the need for any disclosure of the details of the case will be discussed and agreed.
- At any stage of the process the complainant, the instructor dealing with the complaint or the accused may feel that they need the help of an independent person before deciding on the best course of action. Pride Kickboxing will seek the advice of a suitable trained persons who can give confidential advice and assistance, including:
 - advising on the nature of harassment;
 - offering guidance on resolving harassment problems, including acting as an independent broker



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- If the situation cannot be resolved informally then the complainant has the right to pursue his or her complaint formally via the Company's complaint Procedure.
- Where instructors consider that there may be evidence of harassment, they may consider it appropriate to undertake a full investigation of the circumstances. In this case a instructor not connected with the student involved, or an individual external to the Company will be commissioned to undertake this investigation. Best practice in relation to confidentiality will be maintained during this investigation; and both the complainant and alleged harasser will have the opportunity to have their say. The investigator will also interview and take statements from any appropriate witnesses to the alleged harassment.
- Where there is evidence that harassment has occurred, prompt and corrective action will be taken, Harassment is a serious offence which may result in summary dismissal from future participation.

COMMUNICATION

- All instructors and students will be informed of the Harassment and Bullying Policy and Procedure. They must be re-assured regarding:
 - fear that others will consider the behaviour trivial and not take complaints of harassment seriously;
 - fear that no action will be taken against a person guilty of harassment;
 - Fear of retaliation or victimisation in registering a complaint either informally or formally through the Grievance Procedure.
- The Harassment and Bullying Policy will be part of student induction.

MONITORING AND REVIEW

- *Pride Kickboxing* are committed to reviewing our policy and good practice **annually**.
- This policy was last reviewed on. 29/03/2021

Signed: Robbie Hoskins