



# THE JUDO ACADEMY

‘Technique Over Strength’

## Timeout Rule

The Judo Academy coaches have a duty of care to do everything possible to ensure a safe and suitable environment for all its members to participate and enjoy their judo classes. This applies to all Judo Academy venues and clubs. It includes the equipment, venue, insurances and not least the etiquette and behaviour of its members; regardless of age.

The Judo Academy has successfully used a ‘timeout’ rule during all their judo classes from the beginning. This is a tool used in many sporting and educational arenas to encourage children to behave in an appropriate manner towards their coaches and fellow members. ‘Timeout’ is used for the benefit of the whole class, and ensures that every person taking part has the same opportunity for learning judo.

Timeout will be used in 4 stages:

1. If a participant/child is misbehaving, or has lost focus or attention on the class, they will be asked to observe from the side for a short period to allow them to regain their attention and facilitate the continuity of the class for others. After a short break (5 mins), they will be asked if they are ready to return and participate again.
2. Should it be necessary to use ‘timeout’ a second time for the same participant/child, a longer period of observation will be given. Again, after a longer break (10 mins), they will be allowed to return to the class.
3. Consistent poor behaviour, poor attention and disturbing the flow of the class for other participants will result in a third ‘timeout’ for the rest of the session. Parents will be notified and we will make a written record.
4. Unfortunately, the final stage of this rule will result in the participant being fully excluded from the classes. This is an extreme scenario for The Judo Academy and has only occurred on three previous occasions.

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