

THE JUDO ACADEMY

The following are general standards of hygiene and behaviour that are in place to minimize the risk of injury or infection; and enhance the learning environment and enjoyment for everyone taking part in Judo Academy classes.

Hands and feet should be clean at all times with clean and short trimmed finger and toenails.

No club player or visiting player shall leave the mat area without protective footwear, i.e. shoes or flip-flops (zori).

No club player shall wear shoes on the mat

Food, drink, chewing gum and sweets are not allowed on the mat. The Judo Academy has a no smoking policy and adheres to the rules and regulations of the premises.

Players must ask permission to leave the mat for any reason. This rule is to ensure the maximum safety and security of the players whilst at the club.

Judogi's should be clean and kept tidy at all times.

Watches and jewellery, such as rings, earrings, bracelets, necklaces and hair clips or slides must be removed before the player steps on to the mat.

Glasses must not be worn during activities, but may be worn during demonstrations by the coach. Soft contact lenses may be worn, if necessary.

Wedding rings that are unable to be removed may be covered with adhesive tape.

Long hair must be tied back using a soft band or similar.

Rubbish or litter must not be left anywhere in the dojo premises; it must be taken home or put in bins provided.

After training, the dojo should be left in a clean tidy state; the mats will be neatly stacked away in the store as the hall may be used for other activities.

The coaches are not responsible for clothing or personal property of the players. Watches and other valuables should be left at home.

The authority of the club coaches shall at all times be respected.

The coaches will not tolerate poor behaviour by members or visitors (as befits the nature of the sport). Any occurrence of bullying, stealing, swearing, or insolence are not acceptable forms of behaviour and could result in disciplinary action.

The club coaches reserve the right to refuse admission to any person or persons to the dojo.

Name:.....(Child).....(Parent/guardian)

(Please take time to go over these guidelines with your child, sign and return; a copy is available on the website or at the normal class times.)