



Players

ROLE

All players who are members and, where appropriate, visitors of the club should:

- › Listen to and respect the advice and guidance of the coaches.
- › Be a team player.
- › Participate in each class to the best of their ability.
- › Enjoy Judo.
- › Be an ambassador for the club.

CONDUCT

- › Inform the coach of any injuries or medical conditions prior to the start of each class.
- › Players should not come onto the mat area without a coach present.
- › At the beginning and end of the session, do a standing bow at the edge of the mat.
- › Players should line up in grade order, on time and be ready to train.
- › If you arrive late, ask permission before joining the class.
- › Always ask permission before leaving the mat.
- › Footwear must always be worn off of the mat.
- › Be courteous and treat your coaches and partners with respect.
- › During instruction periods pay attention and do not talk.
- › Bow to your partners before and after each practice.
- › Always consider the safety of your partner and those training around you.
- › Maintain good personal hygiene.
- › Toenails and fingernails must be clean and short.
- › Female players should remove all make-up.
- › Female players should wear a plain white t-shirt under their Judogi.
- › Judogi should be clean, non-odorous and with no rips or holes.
- › Long hair should be tied back (hair bands must contain no metal or hard plastic).
- › Jewellery must not be worn on the mat.