



CODE OF CONDUCT FOR PLAYERS

At Micklefield Judo Club, we want every member to enjoy the sport in a safe and secure environment. The coaches and players developed this code of conduct, which applies at the club and whenever players represent the club.

Fairplay

1. Show good sportsmanship. This means always accepting the referee's decision, even if you disagree and congratulating your opposition, regardless of whether you win or lose.
2. Support and encourage others.
3. Do not bully others. This includes; humiliating others, name calling, use of bad language, teasing and threats, as well as unwanted physical contact. Remember, what you may think is funny may be hurtful to others. If you think you are being bullied, ask the person to stop. If this does not work, you must talk to a coach, your parent(s) or the one of club's Child Welfare Officers.

Respect

1. Show respect and good manners to coaches and other players.
2. Always practice with someone if they ask you. Senior grades and larger players should always support younger, smaller and less experienced players to improve their judo and confidence.
3. Bow to your partner at the start and end of each practice.
4. Listen to coaches. They are all volunteers and give up a great deal of their free time to help you enjoy the sport and fulfil your potential. They are also responsible for your safety whilst you are on the mat.
5. There should be no talking or jostling when lining up at the start and end of the session.
6. Always sign in when you arrive at the Dojo, before going on the mat.
7. Respect the Dojo and surrounding areas at all times. If you are waiting for your session to start be quiet and do not mess around or congregate in other areas of the school.
8. Silence is required in the Dojo when bowing in and out is taking place on the mat at the beginning and end of each session, and when announcements are being made. Please ensure you are quiet during these times if you are not involved on the mat.

Hygiene

1. Ensure that you and your judo suit are clean and that your suit is in good condition. Female players should also wear a clean white t-shirt.
2. Keep fingernails and toenails short and clean.
3. Long hair must be tied back using bands that do not contain metal or hard plastic.
4. Wear footwear, not just socks, when stepping off the mat and never wear footwear on the mat.

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CODE OF CONDUCT FOR PLAYERS CONT'D

Self Discipline

1. Never practice judo off the judo mat!
2. Work hard and avoid time wasting, such as excessive chatting and frequent trips to the toilet.
3. Listen to instructions.
4. Always keep trying and never give up. Everyone goes through periods when others seem to be more successful than you.
5. Do not participate in, or encourage, horseplay.

Friendship

1. Be a good friend.
2. Welcome new players and visitors into the club by training with them willingly.

Every player is expected to follow this Code of Conduct. If you do not, your coach will point this out to you. If your coach needs to keep reminding you, then you may be asked to leave the mat. Please sign below to confirm you have read the above and will confide by the conduct.

I confirm I have read the above Code of Conduct for Players and will follow this code whilst I am a member of Micklefield Judo Club.

Signed:..... (players signature)

Print Name:..... (name in capitals)

Countersigned:..... (parent/guardians signature)
(if player is under 11 years old)

Print Name:..... (parent/guardians name in capitals)

Date:.....