



MERIDIAN JUDO CLUB

Club rules

Members of the club agree that they will

- Allow their personal data, held by the club in accordance with the Data Protection Act, to be used: 1) To facilitate the management of the club 2) To facilitate the protection of young persons
- Seek to uphold the spirit of Judo and where able will advance the aims of the club
- Provide an emergency contact and medical information, which they will update it if at any time this information changes.
- Always consider the health and safety of others, reporting any risks, concerns or issues to the coaching staff or club officers at the earliest opportunity.
- Training Members of the club agree that they will:
 1. Be physically fit and able enough to train
 2. Be clean and have trim fingernails and toenails
 3. Bow upon entering and leaving the both the dojo and the mat
 4. Respect other players and officials of the club
 5. Abide by the rules of the club, listen to and follow the instruction from coaches, and be ready to learn.
 6. Arrive on time for training.
 7. Dress appropriately (the traditional Judogi is preferred at all times whilst training), with all jewellery removed.
 8. Female members should wear a plain white T-shirt under their Judogi top; Long hair must be tied back
 9. Wear appropriate footwear to and from the mat
 10. Ask the coach leading the training session before leaving the mat during training sessions
 11. Pay training fees promptly.
 12. Obtain permission from the session coach before leaving the dojo for any reason - including a visit to the toilets.
 13. Not be under the influence of alcohol or drugs whilst in the dojo.