

# **ISLAND JUDO HAWAII**

## **CODE OF CONDUCT**

**Members of Island Judo Hawaii agree to:**

### **General**

- Uphold the spirit of judo.
- Abide by the rules of the club.
- Consider the health and safety of others by reporting potential risks or concerns to the Sensei.
- Respect all club members and officials.
- Practice good sportsmanship.
- Allow personal data to be used:
  - To facilitate the management of the club
  - To facilitate the protection of young persons.
  - To promote the club.

### **While training**

- Participate only when physically able.
- Provide an emergency contact and medical information Update it should the information change.
- Practice good hygiene:
  - Clean judo gi.
  - Clean and trimmed finger and toenails.
  - Long hair must be tied back.
  - Appropriate footwear used when not on the mat.
- Dress appropriately (blue or white judo gi)
- Wear a crew neck shirt under their judo gi (female judoka)
- Remove all jewelry while practicing.
- Follow the instructions of all coaches and Sensei.
- Practice proper etiquette.
  - Bow upon entering and leaving both the dojo and the mat area.
  - Bow to the Sensei at the beginning and end of each practice session.
  - Bow to their partner at the beginning and end of each practice round.
  - Ask permission for the lead Sensei before leaving the mat area.
  - Not to be under the influence of alcohol or other drugs while in the dojo.

Alcohol, tobacco or other illegal drugs are not to be permitted on the premises.  
Following the code of conduct will ensure the safe development of all members.