**Club Rules**

Shiro No Judo Kent is fully committed to safeguarding and promoting the wellbeing of all its members. The club believes that it is important that members, coaches, administrators and parents associated with the club should, always, show respect and understanding for the safety and welfare of others. Therefore, members are encouraged to be open at all times and to share any concerns or complaints that they may have about any aspect of the club.

As a member of Shiro No Judo Kent you are expected to abide by the following club rules:

**RESPECT:**

- All members must play within the rules and respect officials and their decisions.
- All members must respect coaches/ training partners/ opponents.
- Always listen to your coach.
- Members must pay any fees for training or events promptly.
- Never leave the mat area without asking permission from Sensei (Coach) in charge first.
- Always bow to your partner when starting or finishing practise or when stepping on/off the mat area (Tatami)
- All members are required to abide by the grading structure laid down by the club

**HYGIENE/ ATTIRE:**

- Members must wear suitable kit, which is clean and in good condition.
- The wearing of hard or metallic objects is prohibited whilst training or competing (rings, bracelets, chains, earrings, studs, sleepers. Etc etc) Wedding rings if for any reason they cannot be removed must be taped up for safety.
- All Finger/ Toe nails will always be short and clean.
- No footwear to be worn on the judo mats. Appropriate footwear should be worn on leaving the mat.
- Female members should also wear a plain white T-shirt (no V-necks or crop tops etc) under their Judogi top.(This is optional for Junior Male members, however it should be noted this is not preferred)
- Long hair must be tied back with a soft scrunchie (remember no hard objects!)

**BEHAVIOUR:**

-**Bullying of any kind will not be tolerated at our club.**

-Actions such as kicking, punching, hair pulling or scratching will NOT be tolerated.
- Members are not allowed to smoke on club premises or whilst representing the club at competitions.
- Members are not allowed to consume alcohol or drugs of any kind on the club premises or whilst representing the club.

**Shiro No Judo Kent reserves the right to ask any individual to leave the Dojo if the individual concerned does not observe these rules.**

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