

Drybrook Memorial Hall, Drybrook, Gloucestershire, GL17 9JF

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## CLUB RULES

Apollo Judo Club 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, at all times, 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 with Chris Borman – Head Coach and Club Secretary & Darrell Peters - Chairman and Club Coach.

As a member of Apollo Judo Club you are expected to abide by the following club rules:

- All members must play within the rules and respect officials and their decisions.
- All members must respect opponents.
- Members should keep to agreed timings for training and competitions or inform their coach or team manager if they are going to be late.
- Members must wear suitable kit, the wearing of hard or metallic objects is prohibited whilst training or competing and appropriate footwear should be worn to the mat edge from the changing rooms. Female members should also wear a plain white Tee shirt under their Judogi top.
- Members must pay any fees for training or events promptly.
- 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.
- On entering and leaving the Dojo a bow is to be made.
- When in the Dojo the directions of the teachers should be observed.
- Wait at the edge of the mat until invited onto the mat, **Do Not** leave the mat without permission.
- Judo shall only be practised in the dojo with a qualified coach in attendance.
- Whilst other judoka are training those that are watching should be kneeling up watching. (Always kneel as it makes it easier to move away).
- Finger and toenails must also be kept short. Foot infections must be treated instantly and covered if training is to continue.
- If the Judoka should have long hair, it must be kept tied back at all times when on the mat.
- Player's personal hygiene is important in Judo.