- **\** 07958719093
- www.northbrookjudo.co.uk
- Kingswood Hall, Kingswood Pl, Lewisham SE13 5BU
- Carey Scutt Scout Hall, Plaistow Ln, Bromley BR1 3AR



## Information and Code of Conduct for Parents & Guardians.

We are a well-established community organisation that operates on a non-profit basis with a dedicated team of volunteers. No one receives payment for their services.

Our primary goal is to provide a safe and enjoyable environment for learning Judo. Through our classes, we aim to build confidence, respect, and physical fitness, while also teaching the technical skills of this martial art. Everyone is welcome to join us in this journey.

In return, we kindly ask you to adhere to the following guidelines:

- Please arrive on time and bring the correct payment for each session whenever possible.
- Ensure that your children's fingernails and toenails are properly trimmed.
- Remove all jewelry, metal hair clips, and earrings (tape is allowed for stud earrings).
- Bring your Judo license to every session and present it at the reception desk.
- Make sure your children are dressed appropriately, wearing a clean Judogi. Girls should also wear a T-shirt or rash guard underneath, preferably white, while boys do not need to wear an under garment.
- When stepping off the mat, ensure that your children have suitable footwear, such as flip flops.
- Encourage your child to learn and abide by the rules of Judo.
- Discourage unfair play and arguing with officials.
- Help your child recognise and appreciate good performance, not just the end results.
- Never force your child to participate in Judo if they are not willing.
- Lead by example by acknowledging and applauding fair play and the achievements of all participants.
- Never punish or belittle a child for losing or making mistakes.
- Publicly accept the decisions made by officials and coaches.
- Support your child's involvement in Judo and help them enjoy the experience.
- Use appropriate and respectful language at all times.

**Gary Currier: Club President/Founder**