



Meridian Judo Club

Dear Parent/Guardian,

On behalf of The Meridian Judo Club I would like to welcome your child to the club and provide you with some information about our activities. The club provides opportunities for children and adults of all ages and abilities to receive coaching in Judo. All training is by qualified British Judo Association (BJA) coaches who have been screened for their suitability for working with young people¹.

All club coaches and officers offer their time free of charge, which enables us to keep our fees low. Training session fees are paid at the start of each session attended or alternatively via a monthly standing order which offers a discounted.

We welcome parents to all training sessions and value their support. The partnership between club, child and parent is so important that we have a special Parents/Guardians Agreement that we ask you to read and sign when your child first joins the club.

As a contact sport, it is important that we have rules for everyone's safety. Please take a moment to read the attached Club Rules to your child, as we find that an explanation and reinforcement from a parental figure greatly assists our coaches and settles the children into the club more quickly. To operate safely, we need at least one emergency contact and details of any medical issues.

We ask that children arrive in good time to start the training session, with a few minutes allowed for changing.

It should be noted that the club cannot be responsible for children outside of the dojo.

If at any time you would like any further information, have any concerns the coaches will be happy to help.

Yours sincerely,

Mike Spencer. Club Coach
Bruce Chapman: Club Coach
Debbi Wood: club secretary /welfare officer

www.meridianjudo.org.uk

¹ All our coaches and executive committee members have been vetted - see **Criminal Records Bureau (CRB)**, <http://www.crb.gov.uk/Default.aspx?page=308>



Club Rules

General

Members of the club agree that they will:

- a) Allow their personal data, held by the club in accordance with the Data Protection Act, to be used:
 - I. to facilitate the management of the club
 - II. to facilitate the protection of young persons
- b) Seek to uphold the spirit of Judo and where able will advance the aims of the club.
- c) Provide an emergency contact and medical information, which they will update it if at any time this information changes.
- d) Consider the health and safety of others at all times, 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:

- e) Be physically fit and able enough to train.
- f) Be clean and have trim fingernails and toenails
- g) Bow upon entering and leaving the both the dojo and the mat.
- h) Respect other players and officials of the club.
- i) Abide by the rules of the club, listen to and follow the instruction from coaches, and be ready to learn.
- j) Arrive on time for training.
- k) Dress appropriately (the traditional Judogi is preferred at all times whilst training), with all jewellery removed.
 - I. Female members should wear a plain white T-shirt under their Judogi top;
 - II. Long hair must be tied back
- l) Wear appropriate footwear to and from the mat
- m) Ask the coach leading the training session before leaving the mat during training sessions.
- n) Pay training fees promptly.
- o) Obtain permission from the session coach before leaving the dojo for any reason - including a visit to the toilets.
- p) Not be under the influence of alcohol or drugs whilst in the dojo.



Health and Safety Briefing Notes

To ensure adequate health and safety awareness, training should be provided to all members on a regular basis and when a new member joins the club. It is recommended that the following information be briefed to all club members and parents/guardians when joining.

Safety on the Mat

- Never wear shoes on the mat
- Come to the training session washed with a clean Gi
- Watch your space on the mat and if thrown get up quickly to avoid someone falling on you
- When seated, kneel or sit cross legged. Do not lean on the wall – you may not be able to get out of the way quickly enough

Safety off the Mat

- Wear shoes at all times when off the mat
- Always ask permission to leave the mat
- After using the toilet, wash your hands

Accidents/Incidents

- Do not come to play Judo if you are not fit enough to train
- If you come to a training session with an injury, inform the coach at the start of the session
- Do the exercises as shown; do what you can and do it well but not to the point of straining
- If you are hurt, inform the Coach immediately
- Keep your medical form up to date
- Have a current BJA license – it is your insurance

Matt Fees

Pay as you train per session	£3.50
Standing order 1 session per week	£10.00
Standing order 2+ sessions per week	£20.00

Due to BJA insurance rules, visitors are required to become members after four visits

A BJA membership form can be downloaded from our site.



Meridian Judo Club – Membership Form

To ensure that we have the correct contact details for you, please provide the information requested below. This form should be returned to the coach leading a club training session or a club official. If you are under 16 please ask your parent or guardian to endorse the form before you return it. We will use the information you provide to ensure that you are kept informed about club events.

First name:

Family name:

Gender (please circle): M F Age:

Date of Birth:/...../.....

Address:
.....
.....

eMail:@.....

Phone numbers: 1) 2)

Mobile number:

Membership type: Kano/Junior/Senior Grade:

British Judo Association Licence (BJA) Number:

BJA Membership Renewal date:



Agreement

I wish to apply for Junior/Senior membership of the Meridian Judo Club. I have read the rules of the club and understand and agree to follow them.

Applicant signature

Signed: Name:

Date (dd/mm/yyyy)

Signed (parent/guardian if member under 16)

Print Name (First, Surname)

Relationship to member:

I **do/do not** agree to have **my/my child's** photo placed on the Meridian Judo Club website or used for advertising and promoting the MJC.

Emergency Contact and Medical Information

First name:

Family name:

Gender (please circle): M F Age:

Date of Birth:/...../.....

In case of emergency, contact (1):

 Full name:

 Contact relationship:

 Contact number (1) :

 Contact number (2) :

In case of emergency, contact (2):

 Full name:

 Contact relationship:

 Contact number (1) :

 Contact number (2) :

Any medical issues that the club should be aware of:

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Parental/Guardian's Agreement

As the parent/guardian of a child who is a member of Meridian Judo Club, I agree to:

- a) Encourage my child to learn the rules and play within them.
- b) Discourage unfair play and arguing with officials.
- c) Help my child to recognise good performance, not just results.
- d) Never force my child to take part in Judo.
- e) Set a good example by recognising fair play and applauding the good performances of all.
- f) Never punish or belittle a child for losing or making mistakes.
- g) Publicly accept officials' judgements.
- h) Support my child's involvement and help them to enjoy their Judo.
- i) Use correct and proper language at all times.
- j) Oppose discriminatory behaviour and promote equality of opportunity.

In addition, I agree to:

- k) Keep current an emergency contact and medical information form for my child before leaving him or her in the club's charge.
- l) Ensure that my child arrives on time, is appropriately dressed (with all jewellery removed), and is clean and physically fit to train.
- m) Ensure that my child understands the club's rules.
- n) Support the club's coaches in their endeavours to train the children.

Whilst the club seeks to provide a safe environment within which to practice Judo, I understand that Judo is a contact sport and accept that accidents can happen. I understand that the club seeks to have a qualified first-aider at all its training sessions and that if for any reason medical attention is required, the coaches will ensure that nobody undertakes first aid treatment for which they are not qualified and that they will seek more qualified attention where they can not confidently deal with the problem.

I (full name), being the parent or legal guardian
of (full name of child), have read and accept the above
agreement.

Signed:

Date:

Meridian Judo Club

