

At Canterbury Judokwai we strive to uphold the essence of the International Judo Code in all that we do, we believe that all who strive to follow this code will find benefit in doing so, contributing to a safe, healthy, and caring environment in which to participate in Judo.

Judo's moral code is a set of eight values and ethics which were created by the sport's founder Jigoro Kano. All Judoka should strive to uphold the code, both in and out of competition.

Courage

A Judoka must face their challenges bravely. There are two types of courage - physical courage and moral courage.

Physical courage means facing pain head-on, while moral courage is the ability to act when faced with shame, scandal, discouragement, or personal loss.

Respect

Respect is at the very heart of the practice of Judo. It is demonstrated most notably through the use of bowing. Examples of respect include good sportsmanship to your opponent, appreciating the word of coaches and keeping training areas and dojos clean.

Modesty

Judoka should conduct themselves without ego and speak about themselves without pride or showing off. It is important that self-appreciation is restrained and in moderation, including on the mat.

Sincerity

The value of honesty and always speaking and acting truthfully.

For example, a coach must speak the truth if an athlete is performing poorly, and the athlete must accept this truth and strive to be better.

Friendship

Judo connects people all over the world and helps form lasting friendships.

A Judo dojo provides the necessary conditions for friendships, as they are places of support, listening, commitment, trust, honesty, and confidence.

Honour

Honour is a set of moral principles that encourages you to never perform an action that destroys your self-esteem or that of others.

It is important to act nobly and correctly, while competing fairly within the rules.

Politeness

As well as simple courtesies such as saying hello, goodbye and thank you - politeness covers being able to listen and respect others, while still being able to reassert who you are.

Self-Control

The ability to be able to keep your anger and other emotions under control.

This "zen" attitude is an important skillset for any Judoka to master.

The essence of good ethical conduct and practice that Canterbury Judokwai will work to achieve, for various groups is summarised below:

Code of Conduct for Parents/ Carers

All Parents/Carers must:

- Support your child's involvement and help them to enjoy their Judo; remember they are involved in Judo for their enjoyment not yours.
- Focus on the improvement process not just results; help your child to recognise good performances.
- Avoid pressuring a child about winning or losing; applaud effort and hard work as well as success.
- Help your child to separate sport shortfalls from personal shortfalls.
- Give your child the freedom to problem solve and make their own decisions.
- Never force your child to take part in Judo; allow them to play for themselves.
- Encourage your child to take responsibility for their decisions.
- Support, but not interfere with the coaching; follow the coaches decisions.
- Keep talking and general noise to a minimum during training sessions.
- Not constantly instruct your child during training sessions or at tournaments/ events.
- Encourage your child to learn the rules and play within them.
- Discourage unfair play and arguing with officials; publicly accept officials' judgements.
- Set a good example by recognising fair play and applauding the good performances of all.
- Respect other parents, players, coaches, referees, and officials; always use correct and appropriate language.
- Be aware of what you say to your child; never punish or belittle them for losing or making mistakes.
- Ensure that no child under the age of 12 years is left without a responsible adult present at training sessions, tournaments, or other events.

Code of Conduct for Club Officials, Coaches, Referees & Volunteers

All Club Officials, Referees & Volunteers must:

- Consider the wellbeing and safety of participants before the development of performance.
- Develop an appropriate working relationship with performers, based on mutual trust and respect.
- Make sure all activities are appropriate to the age, ability, and experience of those taking part.
- Promote the positive aspects of judo.
- Display consistently high standards of behaviour and appearance.
- Follow all guidelines laid down by the British Judo Association and Canterbury Judokwai specifically the BJA 'Soft Landings' requirements.
- Hold the appropriate, valid qualifications and insurance cover.
- Never exert undue influence over performers to obtain personal benefit or reward.
- Never condone rule violations, rough play, or the use of prohibitive substances.

- Encourage performers to value their performances, not just results.
- Ensure their responsibilities as a Coach include the welfare of their players.
- Be familiar with the BJA Codes of Conduct and Ethics for Coaches.

Code of Conduct for Player

All players must:

- Take responsibility in ensuring you are up to date with the rules, understand and adhere to them.
- Respect the rights, dignity and worth of all participants regardless of age, gender, ability, race, cultural background, religious beliefs, or sexual identity.
- Recognise the valuable contribution made by coaches and officials who are usually volunteers.
- Respect officials and publicly accept their decisions.

- Be a positive role model and treat other players, officials, and coaches as you would expect others to treat you (follow the Judo Code).
- Always use correct and appropriate language.
- Not smoke, consume alcohol or drugs whilst representing the club.
- Keep to agreed timings for training and competitions or inform your coaches if you are going to be late.
- Wear suitable judogi and club kit for training and events, as agreed with your coaches.
- Pay any fees for training or events promptly and ensure that your BJA membership is valid.
- Encourage everyone to enjoy sport and understand that people have different motivations for taking part; bullying of any sort will not be tolerated.
- Inform your coach of any other coaching that you are seeking or receiving and any other events that you are planning to attend.

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