

## What is Judo

Judo is an Olympic Sport that is practised by over 100 million people Worldwide in more than 200 Countries.

It is one of the highest participation sports in the World and is such a popular sport because of its philosophical and cultural roots as well as its educational base.

Judo offers a safe and challenging environment in which students can achieve both physical and spiritual levels that can not only change the course of their lives but direct them to bigger and better things.

The name 'Ju Do' literally translated means 'Gentle Way' and when Jigoro Kano developed the sport of Judo for educational purposes at the end of the 19th Century his main objective was to create a learning process that would benefit all ages and all levels of student.

Judo is a sport that can be developed to Olympic participation, but it is also a discipline, a recreational past time, and a way of life.

## Welcome

On behalf of Canterbury Judokwai (Club) I would like to welcome you to the club and provide you with some information.

The club provides opportunities for children and adults of all ages and abilities to receive coaching in Judo. All training is provided/ overseen by qualified British Judo Association (BJA) coaches who have been screened for their suitability for working with young people.

All club coaches and officers offer their time free of charge, which enables us to keep our fees low.

We welcome parents/carers of younger members to all training sessions and value your support. It should be noted that the club cannot be responsible for children outside of the dojo. To operate safely, we require you to complete a personal information form detailing emergency contacts, plus details of any medical/ allergy issues for each child.

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. If your child is the member, please read them to your child, as we find that an explanation and reinforcement from a parent/ carer greatly assists our coaches and settles the children into the club more quickly.

We ask that members arrive in good time to start the training session, with a few minutes allowed for changing. For health and safety reasons, members should not come to the club wearing their Judogi if travelling on public transport; rooms are provided for changing upon arrival.

Our Club Welfare Officers are DBS checked and regularly attend NSPCC Time to listen and UK Safeguarding & Protecting Children courses.

The club's CWO is your first point of contact if you have any concerns relating to safeguarding. For more information on the role of the CWO please visit the BJA Club Welfare Officer Webpage.

Canterbury Judo Club Welfare Officer is Joey Wicks Prince of Wales Youth Club.

If at any time you would like any further information, have any concerns, or would like to help with the club, the coaches and committee members will be happy to help.

Yours sincerely,



Martin Apps on behalf of Canterbury Judokwai committee