

# Code of Conduct & Good Practice for Adults



**North East Ju-Jitsu Kobudo Association**

# Code of Conduct & Good Practice for Adults

The North East Ju-Jitsu Kobudo Association is committed to providing a safe welcoming environment for the practice & learning of martial Arts within all Classes throughout The Association embracing good coaching practice & safeguarding practice ensuring we promote equity, we do not discriminate, we promote inclusion, to all, allowing all adults access to our Martial Art to achieve their potential.

To all adults participating in Martial Arts practice within The Association, we require you follow & abide by the Code of Conduct & develop and reflect the best & positive qualities that you acquire through your martial arts practice.

## Personal Code

- Always respect the rights, dignity & worth of all fellow students, Coaches & all others involved in the Class, do not discriminate & treat everyone equally.
- Always be respectful with your attitude & behaviour during the class to all class members.
- Never misuse, abuse, or harm anyone deliberately with your martial arts or bring yourself or your class into disrepute by poor representation of yourself through martial arts.
- Respect the Class Sensei, their aim is to provide you with an engaging, positive & enjoyable session to help you progress & achieve your goals within NEJJKA.
- Never engage in inappropriate behaviour or irresponsible behaviour & refrain from using foul or abusive language while involved with Class or other Association activities.
- Always show best behaviour, this way we can all work together to provide a safe learning environment free from bullying, harassment, inappropriate behaviour & discrimination.
- Never smoke, consume alcohol, or take drugs immediately before or during training or during associated activities.
- Be friendly & supportive with all fellow students and newcomers to your class & help to make your class a welcoming & friendly place to be.
- Support and encourage your fellow students & become a positive role model within your class.
- Challenge inappropriate behaviour & language by others by informing your Club Coach.
- Always listen & follow the instructions of your Sensei and speak out when something is not right.
- Always make every effort to attend your class regularly & consistently to train & achieve your goals within your martial arts practice.
- Take the opportunity to attend Courses & Seminars at Regional & National Level.
- Support your Association by purchasing your training suits, NEJJKA wear, training equipment & accessories through your Class.
- Return all the necessary written consent forms for registration/membership, emergency contact form & permission for photography form.
- Ensure you take time to read your Code of Conduct & Good Practice, so you are aware of the requirements & guidelines within The Class.

## Class Conduct

- Always ensure you arrive in good time before your Class starts.
- Ensure you have your training Gi or appropriate clothing for your session & any required training equipment for your training.
- Maintain a high standard of personal hygiene & dress in a clean Gi.
- All jewellery must be removed or properly covered including any ear jewellery before the class commences.
- Do not chew gum, have sweets, or eat food during class participation. Unless there is a medical need such as diabetes then the Class Instructor must be informed.
- Liquid refreshment will be permitted during the class but only during appropriate breaks by the Instructor unless there is a medical issue which the Class Instructor will need to be made aware of.
- The Coach must be informed of any illness, injuries, disabilities, or weakness prior to Class starting so that the appropriate coaching can be given that does not exacerbate the condition.
- If any injuries are sustained during Class training to yourself or a fellow student, the Coach must be informed immediately.
- If you feel unwell during the Class training immediately inform your Class Coach.
- Always use the toilet before training if required to reduce the need to go during the lesson. If you need to go to the toilet during the lesson, ensure you ask your Class Coach before leaving the mat.
- Do not come onto the matted area until you are instructed by the Class Instructor.
- Ensure you learn & follow the guidelines of etiquette in your Martial Art. Bow before entering the training hall, bow before coming onto the mats, bow to your Sensei & at times to your fellow students, bow when you leave the mats & training hall. Learning courtesy, respect & self-discipline are parts of character building within martial arts practice.
- Listen to your Sensei at all times & follow instructions. Be enthusiastic & show a willingness to participate.
- Do not leave the matted area without asking your group Coach. Your safety & welfare is paramount to us whilst you are in our care.
- Always be respectful to your Sensei, your training partners & fellow class members.
- Refrain from using mobiles phones unless specified reason & do not take photos or videos without the consent of The Class Coach & others involved.
- In the event of an emergency such as fire alarm, do not panic, listen to your group Instructor, and follow their instruction for leaving the building & always remain with the group until instructed otherwise.

**As an Adult taking part in our Classes throughout The North East Ju-Jitsu Kobudo Association, we understand you have the right to:**

- Enjoy the time you spend with us & know that you are safe.
- Learn & practice in a positive environment under Qualified Coaches who will teach & support you throughout your time with NEJJKA.
- If you experience any form of bullying or inappropriate behaviour, this behaviour is not acceptable or tolerated in any class, ensure your Class Coach is informed immediately so this stops & the issues will be dealt with in line with class procedures.
- Be told who you can talk to if something is not right.
- Be listened to.
- Be respected by your Coach & other Team Members and be treated fairly.
- Feel welcomed, valued, and not judged based on your race, gender, sexuality, or ability.
- To be looked after if there is an accident or injury.
- Be encouraged to achieve & develop your skills with our support & help.
- To provide you with the opportunity to enter Coaching & Development within The Association with access to training courses & support.

We expect all Adults to follow the code of conduct including the guidelines and behaviour & etiquette within The North East Ju-Jitsu Kobudo Association. If any Adult behaves in a way which contradicts any of the points set out in this code, we will address the problem straight away with and aim to address & resolve the issue.

Continued issues and repeated breaches of this code may result in us regrettably asking you to leave permanently, for the welfare of children, young people, Adults & The Coaching Team. This is something we never want to do.

Within NEJJKA we want you to excel, enjoy & interact in your class. Ask for help & assistance when required and ask questions if you do not understand what you are being taught. Your Class Coach is there to teach, help & support you in your achievements & development within your martial arts practice.

**Welcome to The North East Ju-Jitsu Kobudo Association.**

**The North East Ju-Jitsu Kobudo Association Contacts:**

**NEJJKA Head Coach:** Miss Dorothy Adamson: 0191:4559291

**NEJJKA Welfare Officer:** Miss Julie Anderson BA (Hons): julieniamh17@icloud.com