



BJA England Squad Weight Policy

British Judo believes it is vital that judo provides an enjoyable and safe sporting environment and that children should not be placed under any undue pressure to perform past their abilities; part of this pressure within judo arises out of an unacceptable pressure for children to lose weight.

British Judo considers the forcing, coercing and pressuring of children to lose weight through any unhealthy eating regimes or dehydration a form of abuse. Ensuring that children maintain a healthy attitude towards weight control is the responsibility of parents, guardians, coaches and British Judo. Therefore part of our responsibility is to provide clear and sensible procedures and policies that children and their coaches are expected to follow.

England staff checks the weights of players during England Squad activities to ensure no one is suddenly 'crashing weight'. It is important that players, parents and coaches understand that this is not a policy to 'check up on them' but to keep them competing in a healthy way.

To reinforce this during certain times of the year – out of season and preparation phases the England programme we will NOT weigh players at the weekly ExCell sessions.

This will begin to develop an understanding of a periodised approach to training; importantly a player will start to gain an understanding of managing their weight effectively within the annual programme and also as the individual develops and matures the understanding of when they *should* move up to the next weight category.

The England Squad Weight Policy outlined below is designed to help young players maintain a healthy body and attitude to nutrition whilst working towards achieving their long-term goals within the sport. This Policy applies to all children under the age of 18. Programme staff and coaches will not hesitate to seek the advice and /or report people to the British Judo Association Child Protection Case Management Team should they feel a child is at risk for any reason, weight loss included.

Please feel free to contact any of the English Squad Staff if you have any queries regarding weight control in general or this weight control policy in particular.

Child Protection Issues of any nature can be directed to Julie Moores, BJA Lead Child Protection Officer at BJA Head Office 01509 631670.



The BJA English Squad Weight Policy

- 1) If a player's **Training weight** is more than 4% above their chosen **Competition weight** category (wearing legal judo trousers and T shirt for girls, legal judo trousers for boys), their weight will be recorded. Notice will be given to coach and parent that the player's weight is unacceptably high for their chosen **Competition weight** category.

The player must either move up to the next category or in future maintain weight below this level in a safe and appropriate manner; failure to do so will result in the player no longer being considered for selection at that weight.

During this time, nutritional advice may also be given.

- 2) During the two weeks prior to departure for a Milestone International Event (i.e. European Youth Olympic Festival or European Cadet Championships), a selected player's **Training weight** will be expected to be within 3% of their **Competition weight** category (wearing legal judo trousers and T shirt for girls, legal judo trousers for boys).
- 3) At **ANY** Event, making **Competition weight** by dehydration (e.g. 'sweating off' or not taking on necessary fluid) will not be allowed.
 - 4a) On arrival at the weigh-in for an event under the auspices of the English Squad program, if the player is over the weight limit of their selected weight category the English Squad staff will consider moving the player up to the next category (if there is a place available and the competition rules allow the change in category).
 - 4b) Consideration will only be made if the player's parent/guardian has signed the Locus Parentis Form giving permission for the English Squad staff to move their child up a weight category (if they have failed their chosen weight category) and the English Squad staff deem it safe and appropriate to move the player up a category.
 - 4c) If the player's parent/guardian has not signed the Locus Parentis or the English Squad staff do not deem it safe and appropriate for the player to move up a weight category, they will be withdrawn from the competition.
- 5) Players who fail their selected weight category while participating in an event under the auspices of the English Squad program will automatically not be considered for future events at the failed weight category. If a player does wish to be considered at the failed weight category in the future they must meet with the English Squad staff to discuss weight management issues.

Nutrition Workshops will be discussed at English Squad Training during the year (additional support/advice may be provided upon request).