



NOTICE TO NATIONAL SENIOR AND JUNIOR SQUAD MEMBERS

All members of the BJA National Senior and Junior Squads including staff are encouraged to check their privacy settings on Facebook, to prevent any personal information or photographs being available for all to see and to guard against any negative consequences.

Please ensure your personal information is visible to 'only friends', if not it may get into the wrong hands. Please **DO NOT** post any pictures that you wouldn't want everyone you know to see and remember who your friends are!

As a programme athlete you are required to act professionally. If you or your friends and family post photo's of you acting in an unprofessional manner showing a lack of discipline, for example publicising partying and drinking, disciplinary action may be taken and the media could report in a negative light and damage your reputation as an elite athlete and that of the British Judo Association, either now or in the future.

You are strongly advised to allow 'Only Friends' to view your profile and contact information, to prevent everyone from viewing your activity on facebook.

To alter your facebook settings:

- Log in to your facebook account in the usual way
- Click 'Settings' in the top right hand corner of the screen
- Select 'Privacy Settings'
- Click 'Manage'
- Select 'profile information'
- Select all items to be viewed by 'friends only'
- Repeat for contact information.

To check what others can see, click 'Preview my Profile' in the top right of the profile information screen.

BRITISH JUDO WILL BE RUNNING SPOT CHECKS NOW AND IN THE FUTURE TO ENSURE PLAYERS AND STAFF ARE NOT EXPOSING THEMSELVES TO THE UNNECESSARY RISKS ASSOCIATED WITH SOCIAL NETWORKING ACTIVITY.