



2020 England Programme Athlete Agreement

As a member of the 2020 England Programme (ETD & REDS) the terms and conditions of your inclusion are detailed below. It is important that you read this document and agree to behave accordingly by signing and returning:

- As a member of the England Judo Programme you will be expected to conduct yourself in a manner appropriate to a representative of England and comply with the rules and the bylaws of the BJA, including the BJA Code of Conduct.
- England athletes are expected to:
- follow good practice with relation to weight management and injury management (see Appendix 1)
- follow the laws and expectations/culture of the countries they are visiting
- exercise self-control, responsible behaviour, consideration of others, courtesy and good manners at all times.
- not purchase or consume alcohol
- neither possess nor use prohibited drugs nor participate in any other practice prohibited by the British Judo Association and resist any temptation to take banned substances.
- comply with all rules, regulations and procedures relating to Drug Control.
- strictly adhere to all curfews and meeting times at all International Events and ETD/REDS squad training
- not go into each other's rooms, especially boys in girls' rooms and vice versa.
- maintain a tidy living and training environment
- Players are not allowed out of training/competition venue or players accommodation without permission of a member of the Coaching Staff (must be in groups of 4 or more)
- Whilst attending events as a member of the England Judo Programme (this includes domestic training sessions/camps) it will be expected that you wear the clothing specified in your selection letter (e.g. team tracksuit & polo shirt) for the duration
- Athletes are expected to follow all instructions as laid out by England Staff.

Any breach of this Code of Conduct could lead to disciplinary action.

Please tick and sign below to confirm you have read, understand and agree to abide by the BJA Code of Conduct Policy and England Player Agreement.

I Agree

Athlete

Name: Date:

Parent/Guardian on behalf of athlete if under 18

Name: Date:

Appendix 1

Weight management

All England athletes together with their personal coaches are expected to follow good practice in relation to their growth and development. They should not undergo any form of body weight control which could potentially have a debilitating or harmful effect, including, but not limited to; dehydration, calorie restriction, specific food group restriction and use of high caffeine content supplements. England athletes thought to be taking part in unsafe practices may risk their place on the squad and will be ineligible for selection. Following a healthy and varied nutrition plan along with a well-structured training programme will help each athlete develop physically and mentally and will maximise their long-term chance at success.

Injury management

All England athletes together with their personal coaches are expected to follow good practice in relation to their growth and development. If an athlete has an injury, they are expected to seek appropriate medical attention and follow the recommended rehabilitation programme. In the case of more serious injuries, an athlete should also reach a certain level of match fitness before they may be considered for selection or take part in further training. Considerations will be made on a case by case basis and the England coaching team will liaise with the athletes' personal coach as to the individual's current fitness level. The England coaching team will make an informed decision around selections and match suitability.