



2023/24 England Programme Fighter Agreement

As a member of the 2023/24 England Programme the terms and conditions of your inclusion are detailed below. It is important that you read this document and agree to behave accordingly by acknowledging and accepting this agreement when signing up to the England Programme.

As a member of the England Judo Programme, you will be expected to conduct yourself in a manner appropriate of a representative of England and comply with the rules and the bylaws of the BJA, including the BJA Code of Conduct.

England fighters are expected to:

- Demonstrate professional behaviours on and off the mat.
- 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.
- Use any social media and text messaging responsibly and respectfully.
- Not to take or share inappropriate images or videos at any time.
- Report and call out any cases of bullying (all forms) and unprofessional behaviour to the England programme staff or British Judo's Safeguarding team.
- 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 England 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 & t-shirt) for the duration. **No casual wear (e.g., jeans).**
- Fighters are expected to follow all instructions as laid out by England Staff.

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

Please tick the box on the squad sign-up form to confirm you have read, understand and agree to abide by the BJA Code of Conduct Policy and England Fighter Agreement (Including Appendix 1).

It is strongly recommended that ALL England Programme fighters have medical and travel insurance. This is your responsibility.

Appendix 1

England Programme Weight Control Guidance

As a sport where competitors are categorised in weight groups the England Programme recognise that there may be the need for judoka to control their body weight at some stages of their performance judo career.

There are a few terms frequently used however we are going to focus on the terms:

- Weight Management
- Weight Cutting

Weight management is the phrase used to describe both the techniques and underlying physiological processes that contribute to a person's ability to attain and maintain a certain weight. Most weight management techniques encompass long-term lifestyle strategies that promote healthy eating and daily physical activity.

Weight cutting is the practice of fast weight loss prior to a sporting competition. It most frequently happens in order to qualify for a lower weight class.

At the **Pre-Cadet**, the England Programme **do not condone any weight management strategies** and advise that judoka compete in whichever category that they sit in naturally.

At the **Cadet**, the England Programme understand that players may use weight management strategies for a short period of time to maintain a healthy weight. Cadet athletes should not be undertaking any weight cutting practices in order to compete in a judo event. Any Cadet seen to be weighing over 5% above their fighting category will be expected to move up to next category and **will not** be considered for selection at the weight below.

At the **Junior**, England Programme understand that players may use weight management strategies to maintain their competition weight. Junior athletes are advised that any weight cutting practices should be restricted to a maximum of 5% of their category weight and should only be undertaken by athletes who are fully hydrated before any weight cutting process begins.

Please also be advised that the British Judo Association details that it is the responsibility of each player to manage their weight in a controlled and safe manner.

Excessive food & fluid restriction, training, heat stress and other methods to make weight before competition result in underperformance and place athletes health at significant risk.

Short-term risks include (but not limited to):

- Underperformance, illness & injury due to fatigue and cardiac complications and increased risk of concussion both associated with severe dehydration.

Long-term risks include (but not limited to):

- Mental health issues, eating disorders, bone disease, reproductive disorders, impaired growth & development, impaired renal function and overuse injuries.

Injury management

All England fighters together with their personal coaches are expected to follow good practice in relation to their growth and development. If a fighter has an injury, they are expected to seek appropriate medical attention and follow the recommended rehabilitation programme. In the case of more serious injuries, a fighter 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 fighter's personal coach as to the individual's current fitness level. The England coaching team will make an informed decision around selections and match suitability.