

## Quick Links to BJA Inclusion, Safeguarding & Wellbeing Resources

Navigating any website for the information you require can be a barrier.



We have put together a quick link to finding the information you may require on the [Home - British Judo](#) website for Inclusion (Equality, Diversity & Inclusion).

### Inclusion



Start by clicking on this link [EDI & Wellbeing Hub - British Judo](#)

You will find:

BJA Diversity Inclusion Action Plan (DIAP) [MON12 BJA DIAP DRAFT PROOF.pdf](#)  
([britishjudo.org.uk](#))

British Judo D&I Strategic Plan 2022-2026

And lots of resources to support Inclusion in your Judo community

All underpinned by BJA Strategy 2022-25 [Our 2022-2025 Strategy - British Judo](#)



## Safeguarding

### SAFEGUARDING



Start by clicking on this link [Safeguarding - British Judo](#)

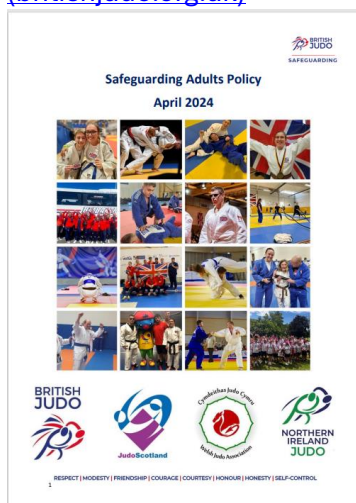
On this page you will see lots of helpful information to support you to keep both children and adults safe in your Judo Community. Including.

**BJA revised Safelandings Document** [SafeLandings - British Judo](#)



With a short guide for members

**BJA revised Adult Safeguarding Policy** [Safeguarding-Adults-Policy-April-2024.pdf \(britishjudo.org.uk\)](#)



Plus new guidance, such as our Low Level Concerns & Threshold Flowchart document:  
[Low-Level-Concerns-V3.1-1.pdf \(britishjudo.org.uk\)](#)  
[SAFEGAURDING FLOWCHART BOOKLET \(britishjudo.org.uk\)](#)

**In addition, if you are a Club Welfare Officer (or looking at becoming one for your club)**  
Please click on  
[Club Welfare Officer - British Judo](#)

## Wellbeing



Start by clicking on this link [EDI & Wellbeing Hub - British Judo](#)

You will find lots of useful resources to support your Judo Community Wellbeing needs.  
Including:

[Mental Health & Wellbeing - British Judo](#)

[BJA\\_MHAWB\\_STRATEGICPLAN\\_FINAL-PRINT-AND-WEB-V2.pdf \(britishjudo.org.uk\)](#)

And access to:

A list of Apps to boost resilience, reduce stress or improve mental health, including:



**Spot | Support | Signpost**

**InsideOut<sup>®</sup>**

### Members mental health & wellbeing support

BJA have been provided for all our members (aged 18+ only, ) complimentary access to Remi, **Inside Out AI mental health** coach for 6 months. During this time, users will be able to take advantage of all of Remi's features and the journaling tools in the InsideOut App. We truly believe everyone should have access to timely care, and we hope this gesture reinforces Inside Out mission and compliments BJA Mental Health & Wellbeing Strategy.

To get started immediately, as a member can sign-up here using [this link](#) that has been created. The link will enable them to download the InsideOut App. To note, members must use this link to download the App as this will grant them a subscription. If they try to download the App from the App Stores, they will get a notification to say they do not have a valid subscription and will be unable to use Remi and the self-help tools.

**We hope you find this quick guide of assistance.**

**For further information contact [safeguarding@britishjudo.org.uk](mailto:safeguarding@britishjudo.org.uk)**