

## **BJA Performance Programme Athlete Code of Conduct and Agreement**

### **Purpose**

This Code sets out how fighters in the British Judo Performance Programme are expected to behave. It reflects the values of judo and helps create a respectful, safe, and high-performing environment for everyone involved.

- Courtesy – Be polite and considerate to everyone.
- Courage – Face challenges bravely, on and off the mat.
- Honesty – Always tell the truth and act with integrity.
- Honour – Do what is right, even when it's hard.
- Modesty – Stay humble, no matter your achievements.
- Respect – Treat others how you would like to be treated.
- Self-Control – Stay calm and in control of your actions.
- Friendship – Support and encourage your teammates.

These values guide how we train, compete, and represent British Judo.

### **Your Responsibilities as an Athlete**

#### **During Competitions and Training Camps:**

- Be on time for curfews, meetings, and training.
- Respect others' privacy—don't enter another fighter's room without permission.
- No alcohol—stay focused and professional.
- Follow local laws, culture and customs when abroad.
- Keep your living and training spaces clean.
- Wear official clothing (GB or HN) when travelling or competing.
- Follow competition rules (IJF, EJU, IBSA) and staff instructions.
- Show respect to everyone—officials, coaches, teammates, and spectators.

#### **Always:**

- Follow British Judo's guidance on weight management.
- Obey UK laws.
- Use social media responsibly—promote yourself, your teammates, and British Judo positively.
- Never share inappropriate images or content.
- Never bully or harass others.
- Protect the reputation of British Judo and judo in Great Britain.
- Follow anti-doping rules (UKAD and WADA).
- Be a role model as you represent judo in Great Britain, your club and British Judo every day.

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- Follow BJA policies including but not limited to, social media, anti-doping, safeguarding and anti-bullying.

### **Additional Commitments:**

- Keep your BJA membership up to date.
- Allow British Judo to use your name and image in promotional materials during and after your time in the programme.
- Understand that serious breaches may be referred to an independent investigation service such as Sports Integrity for investigation.
- Know that misconduct may lead to removal from the programme and loss of funding.
- Make sure you have medical insurance unless told otherwise.

### **Agreement**

By signing this, you agree to follow the Code of Conduct, a breach of this agreement may result in disciplinary action against the BJA Athlete Disciplinary Policy.

If you're under 18, a parent or guardian must also sign and confirm their understanding and consent.

Athlete Name \_\_\_\_\_

Signed \_\_\_\_\_

If under 18

Parent/Guardian Name \_\_\_\_\_

Signed \_\_\_\_\_