



EXPECTED STANDARDS AT GB TRAINING CAMPS

- Please ensure that your **Judo Licence is in date**. It is your own responsibility!
- All fighters are required to adhere to the Fighter Code of Conduct (copy on BJA Website).
- All invited fighters must attend for the full duration of the camp.
- Injured / ill fighters should **NOT** attend.
- Fighters should be symptom free for at least 48hrs before training.
- Fighters must be strapped & ready to start training at least **15mins** before start of the session.
- Any fighter late for any session will **NOT** be permitted to train.
- Appropriate footwear must be worn if leaving / not on the tatami.
- Fighters are expected to wear a clean complete judogi whilst training (no split kits).
- Please refrain from using mobile phones in the dojo during sessions.
- Water breaks will be given during sessions, don't leave the mat unless told to do so.
- All fighters must remain fully hydrated - please bring & prepare your own water bottle.
- Anyone caught drinking directly from the water fountain will be asked to leave.
- Fighters requiring physio attention must see the coach in the first instance.
- The Medical Team will not provide tape to support existing injuries.
- All Fighters must provide their own tape / medical consumables.
- Bring the best version of yourself to each session.

***“Standards of judo discipline and etiquette at GB Training Camps
must be the highest in the country - others will look up to you!”***



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RESPECT | MODESTY | FRIENDSHIP | COURAGE | COURTESY | HONOUR | HONESTY | SELF-CONTROL

