

Weight Management Guidance for Youth Athletes

British Judo, in collaboration with the Home Nations and Sport Wales, has launched dedicated guidance regarding weight management for youth athletes, developed over the past 18 months by a dedicated working group.

The guidance will feed directly into the creation of a continuing professional development (CPD) product for coaches, designed to promote safe and effective practices with athletes and parents.

Click Here to Learn More

BJA Safeguarding Conferences

We will be running two online safeguarding conferences at the end of October - one for CWO's and DSL's, and one open to everyone.

Theme: Celebrating BJA SG Approach 'child to adulthood': with a celebration of our Four Nation approach to safeguarding.

28th October 2025 from 19:00-21:00 (CWO AND DSL ONLY)

30th October 2025 - 10:00-15:00

Click Here to Learn More

USEFUL RESOURCES



FabLittleBag

British Judo is proud to partner with FabLittleBag to make our competitions and clubs period supportive. With its discreet, hygienic, and eco-friendly design, FabLittleBag offers an easy way to dispose of period products responsibly.

Remember to register in the Sport Section as a Club to enjoy up to **50% discount** on FabLittleBag products. Let's work together to create a more inclusive and supportive environment for everyone.

Click Here to Learn More



Understanding the Challenges of Online Reporting

We know that for many young people, recognising that harm has taken place online (or feeling confident enough to speak out) can be difficult.

To explore this SWGfL has released an anonymous survey for young people aged 13 to 24. By sharing their experiences and perspectives, young people will play a direct role in shaping the future of how online reporting is improved.

Click Here to Learn More

freedom 4girls

Freedom4Girls - How To Make Your Sports Club Period Friendly

Being period friendly means having an environment where those who menstruate feel comfortable and able to talk openly about their experiences.

If you would like more information or have any questions about this guide or the work Freedom4Girls do, visit their website, check out their social media or drop them an email at info@freedom4girls.co.uk

Click Here to Learn More



Free EAB Tape Offer from Physique Management

From 01 Oct to 31 Oct 2025, when you spend £80+ at Physique you can get X2 FREE ROLLS of Tiger Tear EAB 7.5cm worth £9.36 in a choice of colour: white, black or blue.

To claim yours, just add the X2 FREE rolls of tape in your choice of colour at the checkout when you make an order of £80+ (spend inc VAT and delivery).

Orders must be through our partner link (see below) or by adding our partner code **JUDO** at the basket to qualify.

The offer ends on 31 Oct 25 or while promotional stock lasts so don't miss out!

Click Here to Learn More