



GUIDANCE TO CLUBS: INCLUDING JUDOKA FROM FAITH & CULTURES

WHY DO WE HAVE THIS GUIDANCE?

BRITISH JUDO ASSOCIATION IS COMMITTED AND STRIVING TOWARDS INCLUSIVE, ACCESSIBLE AND SAFE JUDO FOR ALL

AS A SYSTEM PARTNER WITHIN SPORT ENGLAND, BRITISH JUDO PROMOTES GOOD PRACTICE OUTLINED BELOW:

“ Sport England focuses on making sports clubs inclusive to all religions by embedding, faith-sensitive, culturally aware practices into community sport through their “Uniting the Movement” strategy. Key approaches include tackling inactivity by tailoring opportunities to specific, diverse needs rather than using a “one-size-fits-all” approach, providing gender-segregated activities, and building partnerships with local religious groups. ”

Click here for more information about “Uniting the Movement” 



KEY STRATEGIES FOR RELIGIOUS INCLUSIVITY:



TARGETED ENGAGEMENT:

Understanding that faith groups are not homogeneous; engaging with local faith leaders is essential.



INCLUSIVE FACILITIES:

Ensuring facilities are safe and welcoming



FLEXIBLE PROVISION:

Offering female-only sessions for certain religious groups and providing spaces for prayer.



RESPECTING OBSERVANCES:

Considering prayer times, fasting months (e.g., Ramadan), and religious holidays when scheduling matches and training.

RESOURCES AND TOOLS:

buddle.

Sport England's Buddle resource provides tools to help clubs create inclusive environments.

Sporting Equals

Working with specialised organisations such as Sporting Equals is recommended to gain insight into engaging specific communities.

Making sports clubs inclusive to different religions involves creating a welcoming environment that respects diverse beliefs, practices, and needs through flexible scheduling, facility adjustments, and open communication. Key strategies include accommodating prayer times, offering appropriate food options, adapting dress codes for modesty, and avoiding scheduling matches during major religious festivals.



PRACTICAL STEPS TO MAKE SPORTS CLUBS MORE RELIGIOUSLY INCLUSIVE:

Scheduling and Timing

- **Avoid Conflict with Religious Observances:** Review fixtures and training schedules to avoid clashes with significant religious festivals, holy days, or periods of fasting like Ramadan.
- **Flexible Timing:** Offer alternative training times to accommodate daily prayers or fasting periods.
- **Respectful Breaks:** Allow breaks during training or matches for players to perform prayers or break their fast.

Facilities and Infrastructure:

- **Private Spaces for Prayer/Reflection:** Provide a quiet, clean, and private space for members to pray or meditate.
- **Private Changing Options:** Ensure changing facilities offer privacy, which is crucial for individuals with modest dress requirements.
- **Dietary Needs:** Ensure canteens or social events provide food options that cater to religious diets, such as halal or kosher.

Uniform and Dress Code:

- **Modest Clothing Options:** Allow modifications to uniforms, such as wearing leggings, under-shirts, or long-sleeved tops.
- **Headcoverings:** Permit religious headcoverings like hijabs, turbans, or patkas during play.
[Click here to read our updated policy regarding the Wearing of Head Coverings](#)
- **Safety Accommodations:** Ensure that religious items, such as a Sikh Kara (steel bangle), are permitted, provided they do not pose a safety risk, or are covered safely.

Community Engagement:

- Build Relationships: Partner with local faith centers and community organisations to better understand the specific needs of local religious groups.
- Open Dialogue: Create spaces for open conversations where members feel comfortable discussing their needs and values.
- Celebrate Diversity: Organize events that celebrate different religious festivals, such as an Open Iftar during Ramadan.

Implementing this good practice guidance can help foster a strong sense of belonging, ensuring everyone can participate in our sport regardless of their faith.

RESOURCES FOR RAISING AWARENESS ON FAITHS & CULTURE

As a club consider and anticipate new members who may come to your club.

Here are some helpful links to assist your clubs learning in making everyone feel welcome and included:



Learn Religions



Spirit Rock



sportscotland
the national agency for sport

