



Irish Judo Association IJA Athlete Code of Conduct Agreement

Code of Conduct:

All members of the IJA High Performance Programme, IJA World Tour, IJA Senior, IJA Junior and IJA Cadet Squads must agree to abide by the IJA's Code of Conduct as outlined below:

Conduct themselves in a manner appropriate to a representative of Ireland - remembering core values of Respect, Integrity, Trust and Excellence.

Respect: Respect for others is a hallmark of high performing organisations, it comes from having due regard for the feelings, views and rights of others. Respect for others goes up, down, sideways and outwards. It extends to the treatment of all people, including colleagues, athletes, stakeholders, members, parents, coaches, referees and volunteers.

Integrity: Integrity is essential to trust. Integrity means being honest and truthful, without it calls into question whether an individual can be relied upon, damaging the team and therefore operational effectiveness. Integrity also demands that those who are in positions of authority, at whatever level, set the highest standards and are fair and consistent to everyone.

Trust: Trust is the belief and confidence in the integrity, reliability and fairness of a person, it is an essential human value that quantifies and defines our interdependence in relationships with others. It is difficult to acquire, and when fractured even harder to redeem.

Excellence: These are the established morals, ethics, habits that are maintained at all times. Standards of excellence safeguard both operational effectiveness and British Judo's reputation. They determine the way we tackle tasks, take responsibility and ensure a job is well done, no matter how difficult the circumstances.

Athletes Should:

Strive to maintain the philosophies and traditions of Judo, comply with the rules and bylaws of the IJA and abide by the spirit, as well as the letter, of the rules of sport.

Exercise self-control, responsible behaviour, consideration of others, courtesy and good manners at all times. Accept the decisions of tournament officials and show respect for these officials at all times, this includes accepting victory and defeat in an appropriate manner.

Fully engage with all aspects of training and competition programmes. Attend National Squad Training, selected preparation camps, international events and training camps, and meetings punctually, with necessary kit and nutrition in place. Ultimately bringing the best version of themselves at all times.

Set a positive example (particularly to young players and supporters) at all times. This includes physical appearance, language and demeanour in public, training, coaching, competing and especially in defeat. Maintain personal habits of health conducive to sporting excellence.



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Always show regard for the best interest of the sport when publicly expressing an opinion of the sport, or any aspect of a tournament or incident. Refrain from making any adverse or unjustifiable public statement, which is insulting of the IJA and / or its staff (directly employed or contracted), the sport, the IJA's Commercial and Sports Partners, or any of the bodies working to promote high performance sport in Ireland, nor to make any public statement which constitutes a "personal attack" upon another sporting competitor. Comply with the IJA External Media Guidelines.

Safeguard the physical fitness of opponents, avoid deliberate injuries and assist injured opponents when necessary.

Encourage their personal coach to attend Performance activities when invited, passing on all relevant information regarding their programme and development to them.

Comply with all WADA, Sport Ireland and IJA Anti-Doping rules, regulations and procedures.

Be committed to the attainment of sporting excellence, making every effort to develop their sporting abilities to full potential in terms of skill, technique, tactics and fitness.

Arrive at events, best prepared to give your best performance.

Manage their weight in a safe and controlled way.

Weight Control:

It is the responsibility of each player to manage their weight in a controlled and safe manner. Excessive food & fluid restriction, training, heat stress and other methods to make weight before competition result in underperformance and place athletes health at significant risk.

Short-term risks include, but not limited to; under performance, illness & injury due to fatigue and cardiac complications associated with severe dehydration.

Long-term risks include, but not limited to; mental health issues, eating disorders, bone disease, reproductive disorders, impaired growth & development, impaired renal function and overuse injuries.

The IJA have a Weight Management Policy. This is recommended as best practice for all Irish players in the Cadet, Junior and Senior squads.

Carry out all reasonable instructions requested by the High-Performance Lead or National Squad Lead.

As best practice; keep an appropriate diary to record all aspects of their development, to aid reflection and further development. This can also be used as a communication aid between you and your Squad lead.

Fully read any communication circulated by the IJA

Keep Performance Personnel fully informed of their whereabouts at events where they are under the jurisdiction of the IJA.

Abide by all curfew instructions when participating in events which include overnight stays.

Abide by IJA's Alcohol Policy.



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Alcohol:

While representing Ireland, players under the legal drinking age in the country in which the event is being held and, as a minimum, under the legal drinking age in Ireland, will not be allowed to drink alcohol at any time. While representing Ireland players and members of the support staff team over the legal drinking age in the country in which the event is being held, and over 18yrs of age, will not be allowed to drink alcohol at any time.

Any players or member of the support staff team found to be drinking alcohol during a competition/training camp will be withdrawn from the competition/training camp and, at the discretion of the designated Team Leader, may be sent home and may be required to refund all incurred costs to the IJA. It will be reported to the Programme Leader who will consider evidence and assess the appropriate course of action. Any sanction will be dependent upon the severity of the infringement. All infringements will be treated individually.

Anti-Doping:

Strict liability means that all athletes are solely responsible for any banned substance they use, attempt to use, or that is found in their system, regardless of how it got there and whether or not they had an intention to cheat. Please refer to the IJA Anti-Doping rules.

All members of the Irish squad are encouraged to visit the Sport Ireland Anti-Doping, informed-sport.com, and The Global Dro websites to make themselves aware of the latest information around anti-doping.

You must cooperate fully with the Anti-Doping programme both in and out of competition, including providing whereabouts information as required. You must keep the IJA informed of any other personal circumstances that may affect their ability to adhere to the 'out of competition' testing programme.

External Media:

The Irish Judo Association recognise and support the athletes' rights to freedom of speech, expression, and association both on social media and in interviews with external media (including national and local press).

However, each Irish Judo Squad member must remember that you represent Irish Judo and you are expected to portray yourself, your team, and the IJA in a positive manner at all times.

The Irish Judo Association will not tolerate disrespectful comments and behaviour in external media, such as:

Derogatory language or remarks directed towards Irish Judo, Irish Judo athletes, coaches or staff; athletes, coaches, or representatives of other Judo Federations and members of the public

Derogatory language or remarks that could reasonably offend someone on the basis of race, age, sex, religious or political beliefs, national origin, disability, sexual orientation

The sharing or posting of inappropriate content or material that could reasonably offend someone on the basis of race, age, sex, religious or political beliefs, national origin, disability, sexual orientation

Sharing or posting of inappropriate content including photos, videos, links, messages or statements depicting violence; bullying; sexual harassment; racial or religious slurs; pornography; gender-specific comments; inappropriate gestures; encouragement of criminal acts; underage drinking; use, possession or selling of illegal drugs; or any other inappropriate behaviours



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Unsolicited views on social, political or religious matters that could be deemed offensive or antagonistic

Criticism - whether explicit or inferred - of event organisers, volunteers, participants or spectators

Creating a serious danger to the safety of another person or making a credible threat of serious physical or emotional injury to another person

IJF JUDOBASE I.D. CARD:

The IJA will not cover the cost of your IJF Judobase I.D. Card should you require one to enter International Competitions listed on the IJF Tour.

KIT:

As a member of the Irish National Squad, the IJA will provide you with the opportunity to receive/purchase some Official IJA Squad Kit for you wear when you attend international and other events.

FLIGHT TRAVEL INSURANCE:

Travel insurance is advised to be in place to cover unexpected delays, layovers, lost luggage and other such events. NB: it is not unknown to have to find alternate accommodation for up to a week before a flight can be rescheduled. This will be refunded by travel insurance to the policy holder at a later date. Necessary paperwork is to be completed by the policy holder. This means parents/guardians will need to cover all such expenses as they fall due. Such expenses will be non-negotiable. Alternates – be it accommodation or choice of flight or other – will be decided by consensus of the manager and the coach.

MEDICAL TRAVEL INSURANCE:

Each player must organize – and produce evidence of – personal travel insurance whenever you travel to EU Destinations, please ensure that you take your European Health Insurance Card (formerly known as E111) in case of medical emergencies. If travelling outside of the EU Each player must organize – and produce evidence of – personal travel insurance.

It is important that the choice of travel insurance cover emergency repatriation in cases of injury, at or out of event, in case of need. It is the responsibility of each parent/guardian to ensure the type of Travel Insurance purchased is fit for this purpose – it covers a minor child for all the above whilst travelling with a sports team, accompanied or unaccompanied.

IJA Insurance does not cover Club/Provincial Travel Insurance Athletes are responsible for ensuring they have the correct immunization for the Country being visited.

MISSED FLIGHTS:

Any charges incurred due to missed flights as a result of an athlete actions (late/wrong airport etc.) that has been booked on their behalf will be the responsibility of the athlete. This includes fees to change flight, cost of a new ticket, cost of overnight accommodation, meals etc. This will also apply in the case of changed flights, without exceptional reason.

AIR MILES:

Athletes are able to try and claim (direct with the airlines) any air miles should they choose to do so.



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FLIGHT DELAY COMPENSATION:

Athletes are able to try and claim (direct with the airline or a claim company) any flight delay compensation should they be affected, and should they wish to do so.

IJF PRIZE MONEY:

Any athlete who wins any IJF Prize Money is entitled to keep the full amount.

IJA JUDO LICENCE:

It is the athletes' responsibility to ensure they hold a current valid IJA Membership Licence.

PASSPORT:

It is the athletes' responsibility to ensure that they hold a current valid Irish Passport. A player must hold a current valid Irish Passport to be eligible to compete for Ireland.

VISAS:

It is the athletes' responsibility to ensure that they hold a valid visa (if required) for the Country they are travelling to.

JUDOGI:

Both White & Blue IJF Approved judogi will be required for EJU, Continental and IJF Tour Events.

If you have been provided with Irish Squad Competition JUDOGI's, these **MUST** be worn.

According to IJF/EJU rules, all players **MUST** have their SURNAME and COUNTRY CODE on the back of each judogi.

Back patches can be ordered from either: www.mybacknumber.com or www.ijfbacknumber.com

IMPORTANT: Athletes are 100% responsible for ensuring their own judogi jacket/trousers/belt passes judogi control. Should your judogi fail, and the Irish Coach is suspended from coaching other athletes for the rest of the day, you may be liable to cover the coaches' travel & accommodation costs.

TRAINING ETTIQUETTE:

All members of the Irish National Squads must attend Squad Sessions for the full duration of the camp or not at all (unless agreed otherwise in advance). Injured players should not attend unless instructed to do otherwise.

Athletes must be strapped and ready to start training at least **15mins** before the start of the session.

Zori must be worn to the edge of the tatami.

You are expected to wear a clean complete judogi whilst training.

Anybody requiring physio attention must see the coach in the first instance.

Water breaks will be given during technical sessions, - do not leave the mat unless told to do so. Please prepare your own water bottles.

Your complete attention is expected at every session.



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Consequences

Failure to adhere and comply in full to any part of this document will lead to the consequences outlined below:

1. A verbal warning.
2. Miss the next training session.
3. Miss the next programme event (competition/training camp)
4. Removal from HPP or Irish Squad

Depending on the severity of the contravention, the level of consequence may be automatically raised to level 2, 3 or 4. **The Programme Leader will be responsible for assessing and imposing the level of Consequence, with the support of the IJA Executive Committee.** Additional disciplinary or criminal proceedings may be undertaken if necessary.

I, _____ (**Athlete name in BLOCK CAPITALS**), by signing this agreement confirm that I:

- have read, understood and agree to comply with the IJA Code of Conduct Policy above.
- agree to read the current IJA Selection Criteria Documents.
- agree to report any bullying to a member of the IJA Coaching Team.
- agree to the IJA and selected partners of the association, using your name and image in promotional materials, marketing, advertising and merchandising at the IJA's discretion throughout the duration of the agreement without charge.
- agree to wear any Irish Kit which I have been provided with when representing Ireland.
- agree to comply with all reasonable requests made by the IJA for information and/or documentation in connection with the monitoring of my training and competition schedule, weight management and utilisation of any awards I receive in the pursuit of sporting excellence.
- agree to inform the IJA immediately both verbally and in writing of any changes to my personal circumstance that might affect my participation in the IJA National Squad or HPP and/or in the sport of Judo itself.
- have read, understood and agree to comply with all anti-doping laws/rules and drug test requirements of the IJA, Sport Ireland, Olympic Federation of Ireland, EJU, IJF, and WADA.
- understand that my inclusion within the IJA National Squad is under constant assessment and my continued participation within the Squad is dependent on my commitment to the programme and adherence to the IJA policies and procedures.

I understand that failure to adhere and comply in full to any part of this document will lead to the consequences outlined, and may result in my immediate removal from the IJA HPP and/or National Squad, and all benefits associated with it -including the withdrawal of any personal funding I may receive. It is strongly recommended that ALL Irish squad players take out personal medical insurance. If you are a non-funded player this is your responsibility, unless informed otherwise.

Athlete Signature: _____ **Athlete Name:** _____ (**Block Capitals**)

Date: _____



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If athlete is Under 18, this agreement must be countersigned by their Parent/Guardian:

I _____ **(Parent/Guardian Name)**, confirm that both I, and the athlete named above, have read, understood and agree to the IJA Player Code of Ethics and Conduct, and agreement. I consent for use of images I grant to the IJA without payment the right in perpetuity to make, use and show any motion pictures, still pictures and live, taped or filmed television of or relating to the team activity. I understand my child is subject to doping control procedures as required by Sport Ireland and any other International Doping Agency. I agree to notify the IJA of any relevant changes in my child's circumstances. I confirm that my child is not under a court order.

Parent/Guardian Signature: _____ **Parent/Guardian Name:** _____

Date: _____