Members of the club agree that they will:

* ​Be clean and have trim fingernails and toenails
* Bow upon entering and leaving both the dojo and the mat
* Respect other players and officials of the club.
* Abide by the rules of the club, listen to and follow the instruction from coaches, and be ready to learn
* Arrive on time for training
* Dress appropriately (the traditional Judogi is preferred at all times whilst training), with all jewellery removed
* Female members should wear a plain white T-shirt under their Judogi top.
* All long hair must be tied back
* Wear appropriate footwear to and from the mat
* Ask the coach leading the training session before leaving the mat during training sessions.
* Obtain permission from the session coach before leaving the dojo for any reason - including a visit to the toilets.
* Not be under the influence of alcohol or drugs whilst in the dojo
* Tournament entry fees must be paid prior to the club sending off the entry form .

New Starters:

* The first lesson is free
* After the introductory period, New Starters must become Club Members
* After 4 trial lessons New Starters are required to join the Irish Judo Association ; IJA membership provides individual’s insurance.

Safety on the Mat:

* Never wear shoes on the mat
* Come to the training session washed with a clean Gi
* Watch your space on the mat and if thrown get up quickly to avoid someone falling on you
* When seated, kneel or sit cross legged. Do not lean on the wall – you may not be able to get out of the way quickly enough

Safety off the Mat:

* Wear shoes at all times when off the mat
* Always ask permission to leave the mat
* After using the toilet, wash your hands

Accidents/Incidents

* Do not come to play Judo if you are not fit enough to train
* If you come to a training session with an injury, inform the coach at the start of the session
* Do the exercises as shown; do what you can and do it well but not to the point of straining
* If you are hurt, inform the Coach immediately.