



Returning to Judo – Seniors

Day	Age Group	Session Time
Monday	Tots – 5-7 year olds	6.00-6.25pm
	Juniors – 8-15 year olds	6.40-7.25pm
	Seniors – 16 years plus	7.40-9.00pm
Friday	Tots – 5-7 year olds	6.00-6.25pm
	Juniors – 8-15 year olds	6.40-7.25pm
	Seniors – 16 years plus	7.40-9.00pm

**Cost of sessions – Tots 50p,
Juniors £1 and Seniors £1**



Before I leave home I will:

- ✓ follow government guidelines on self-isolation and stay away from training if I exhibit any signs of infection.
- ✓ ensure my WJA membership is up to date.
- ✓ book in with my club using the online system to ensure my place on the mat.
- ✓ ensure I am clean and have washed my hands.
- ✓ ensure my judogi has been washed after the last session and is clean to wear.

I will bring the following items in my own personal bag with me to judo (where required);

- ✓ a water bottle.
- ✓ face mask.

When I arrive at the Dojo, I will...

- ✓ follow Dojo signage and social distancing rules.
- ✓ put my mask on before going into the building if required.
- ✓ limit use of toilets and changing rooms.
- ✓ use hand sanitiser before going into the building (sanitiser supplied by club at entrance).



Carmarthen Judo Club

√ accept the Dojo and mats have been cleaned following government and NGB guidelines.

In the Dojo I will;

- √ bow when I enter the Dojo.
- √ wait for the coach to invite me onto the tatami.
- √ bow when I move onto the tatami.
- √ have my water and personal belongings at the edge of the mat area.
- √ on instruction of the coach, bow, knowing this means the class has officially started.
- √ ask the coach first if I need to leave the tatami for any reason.
- √ bow if I leave the tatami and put my zori on.
- √ on the instruction of the coach bow knowing the class has now officially finished.

When the session has finished I will:

- √ bow when leaving the Dojo.
- √ not gather, meet up with my friends or socialise either inside or outside the Dojo or building.