



MAT PROTOCOL

Hygiene and mat discipline are extremely important in Judo, and in particular with the COVID pandemic, even more so; therefore please follow these very important rules:

- **No footwear in the Dojo (training hall) – EVER. Please leave shoes outside the main door on the racks provided**
- **Use slip-on footwear provided to enter kitchen**
- **Be punctual - if late for a session, you MUST ask a coach before coming onto the mat**
- **Once training has commenced, you MUST ask a coach before stepping off the mat**
- **Bring a big enough water bottle to training so that you don't have to refill it during the session. Leave the bottle along the edge of the mat**
- **Take the water bottle away (home) after training or you may lose it**
- **Please do not wear any jewellery of any kind onto the mat or any hair ties containing metal, plastic or other hard material**
- **Don't wear any guards (knee, ankle, etc) which contain metal, plastic or other hard material**
- **Have clean hands and feet and clean cut (no false) nails**
- **Children must not climb on or behind the crash mats. They must NOT use any of the equipment without being supervised by one of the coaches**
- **(When relevant) Refer to all (COVID) Safety Plan procedures, instructions as issued from time to time, and directions from Coaches and Committee members regarding temperature checks, evidence of vaccination and hygiene requirements which must be strictly adhered to. This includes, but is not limited to: temperature checks, sign-in procedures including QR code scanning, hand/feet sanitisation, and so on**
- **Note that you may be prevented from training if not complying with the above basic requirements**