



Jiu Jitsu Republic

CODE OF CONDUCT (STAFF + MEMBERS)

October 2023





Code of Conduct Agreement for Jiu Jitsu Republic under UKBJJA

1. Duty of Care

At Jiu Jitsu Republic, we owe a Duty of Care to our members and participants, as well as to others present in our gym and competition areas. As a coach, you are expected to adhere to the highest standards of care commensurate with your level of knowledge and experience. This means you have a higher duty of care compared to those without coaching experience.

Our general duty of care includes the following responsibilities:

1.1. Provide a Safe Coaching Environment

- Ensure the training environment is safe and free from hazards.
- Maintain appropriate equipment and facilities.

1.2. Medical and Psychological Care

- Coordinate with registered medical and ancillary practitioners for the diagnosis, treatment, and management of athletes' medical and psychological needs.
- Prioritise the athletes' health and well-being in training and competition.

1.3. Safety and Skill Development

- Ensure that all activities are suitable for the participants' experience and abilities.
- Follow approved practices and guidelines set by UKBJJA.
- Provide suitable first aid support when necessary.

1.4. Compliance with Child Protection and Welfare Policies

- Adhere to the child protection and welfare policy and procedures outlined by UKBJJA.
- Maintain a safe and respectful environment for all, especially children.

2. The Health, Safety, and Welfare of Participants

At Jiu Jitsu Republic, we prioritise the health, safety, and welfare of our participants. As a coach, you must follow these practices:

2.1. Participant Wellness

- Ensure that participants are in good health and not suffering from illness or injury before training.
- Conduct a suitable warm-up to prepare participants physically and mentally.

2.2. Attire and Safety

- Ensure that participants wear appropriate clothing and remove jewellery.
- Secure long hair to prevent accidents.
- Maintain safe training equipment and facilities.

2.3. Physical Preparation



- Focus on physical preparation before teaching technical moves.
- Implement an effective cool-down period at the end of each session.

2.4. Feedback and Communication

- Provide constructive feedback and praise to participants.
- Outline the schedule and objectives for the next session.
- Supervise participants during dispersal and collection for their safety.

To protect children participating in Brazilian Jiu-Jitsu under UKBJJA, we have a Safeguarding Policy available on our website, which all coaches should be familiar with.

3. Equality and Humanity

Jiu Jitsu Republic values equality and humanity. Coaches must respect the rights and choices of all individuals regardless of their:

3.1. Gender 3.2. Ethnic origin 3.3. Cultural background 3.4. Sexual orientation 3.5. Religion 3.6. Political affiliation

In some cases, achieving equality may require additional support, such as for coaches with learning disabilities. All coaches are expected to abide by UKBJJA's Equality Policy to provide equal opportunities for all.

The Disability Discrimination Act prohibits discrimination based on disability. Coaches should be aware of participants' specific needs, including long-term medical conditions, and adapt training programmes accordingly.

4. Relationships

At Jiu Jitsu Republic, we emphasise healthy coach-participant relationships and the safety and well-being of all individuals. Coaches are expected to:

4.1. Build Trust and Respect

- Establish a relationship of mutual trust and respect with participants.
- Avoid any inappropriate contact via social networking sites with individuals under their responsibility.

4.2. Ensure Well-Being

- Prioritise the physical, emotional, and social well-being of participants.
- Ensure that training and competition demands do not harm the participants' overall needs.

4.3. Encourage Independence

- Guide athletes to take responsibility for their own behaviour and performance.
- Ensure that coaching practices involving physical contact are not misconstrued or open to allegations of misconduct or impropriety.

4.4. Qualifications and Experience

- Make participants and relevant parties aware of their coaching qualifications and experience.



- Respect the rights of athletes to choose to consent or decline participation.

4.5. Public Conduct

- Refrain from publicly criticising other coaches or competition officials in any media, lectures, or seminars.

5. Confidentiality

Coaches and athletes at Jiu Jitsu Republic must agree on what information is considered confidential. Confidentiality does not prevent disclosure of information when:

6. Personal Standards

Coaches at Jiu Jitsu Republic must uphold high personal standards to project a favourable image for the gym and the sport, including:

6.1. Punctuality

- Demonstrate punctuality in all coaching-related activities.

6.2. Personal Appearance

- Maintain a clean and healthy personal appearance.

6.3. Smoking and Alcohol

- Do not smoke within the coaching environment.
- Refrain from consuming alcohol to an extent that affects coaching competence or compromises athlete safety.

6.4. Behaviour and Language

- Use appropriate language and behaviour befitting a coach.

7. Integrity

Coaches at Jiu Jitsu Republic are expected to uphold the highest standards of integrity. This includes:

7.1. Adherence to Rules and Fair Play

- Abide by the rules of Brazilian Jiu-Jitsu and promote fair play and ethical guidelines.

7.2. Age-Appropriate Practices

- Ensure that all coaching practices are suitable for participants' age, maturity, experience, and ability.

7.3. Drug Prevention

- Promote the prevention and education of performance-enhancing drugs and illegal substances.

7.4. Truthful Representation

- Accurately present evidence of coaching qualifications and service when required.



- Truthfully claim any affiliation, sponsorship, or accreditation.

7.5. Criminal Convictions

- Coaches must declare any criminal convictions.

By being a member or staff of Jiu Jitsu Republic, you agree to abide by this Code of Conduct.

Coaches - Responsibilities in Competitions

1. Competition Entries

- Ensure competition entries are submitted to the Competition Organiser as specified in advance.

2. Assess Athlete Standard

- The Head Coach must ensure that BJJ practitioners are of an adequate standard suitable for the competition.

3. DBS Checks

- Ensure that any assistant coaches or accompanying volunteers have undergone DBS checks.

BJJ Athletes

1. Equality and Respect

- Treat everyone equally and sensitively regardless of gender, ethnic origin, cultural background, sexual orientation, religion, or political affiliation.

2. Knowledge and Respect of Rules

- Know and abide by the rules and the spirit of Brazilian Jiu-Jitsu.

3. Respect for Match Officials

- Accept the decisions of match officials without question or complaint. Any necessary questions should be directed to the team manager or coach.

4. Self-Control

- Exercise self-control at all times and do not use illegal or dangerous tactics.

5. Maximum Effort

- Give maximum effort and strive for the best possible performance during a BJJ competition.

6. Acceptance of Outcomes

- Learn to accept success and failure, victory and defeat with humility and dignity, without excessive emotional displays.

7. Coach and Club Officials' Instructions

- Abide by the instructions of the coach and club officials, provided they do not contradict the spirit of this code.

8. Respect for Others



- Treat teammates, opponents, coaches, club and match officials with respect and consideration at all times, as you would like to be treated.

9. Banned Substances and Techniques

- Do not attempt to improve individual performance through the use of banned substances or techniques.

10. Respectful Language

- Do not use foul, sexist, or racist language at any time.

11. Good Sportsmanship

- Be a good sport, applaud all good performances, whether by teammates, opponents, or yourself.

12. Enjoyment and Gratitude

- Remember that the aim of the sport is to have fun, improve skills and health, and feel good.
- At the end of the competition, thank the officials.

Spectators

1. Respect for Competitors

- Remember that competitors participate for their enjoyment, not solely for the spectators.

2. Field of Play Access

- Spectators must not enter the field of play unless authorised.

3. Respectful Behaviour

- Maintain respectful behaviour, avoiding foul, sexist, or racist language and harassment of BJJ competitors, coaches, or match officials.

4. Verbal Abuse

- Verbal abuse of BJJ athletes or match officials is not acceptable.

5. Respect for Opponents and Officials

- Show respect for opponents and match officials, acknowledging good performance and fair play.

6. Anti-Violence

- Condemn the use of violence in all forms.

7. Support for Mistakes

- Do not ridicule BJJ athletes who make mistakes.

8. Balanced Emphasis on Winning

- Do not overemphasise the importance of winning.



Parents

1. Equality and Sensitivity Teaching

- Teach your child to treat everyone equally and sensitively, regardless of gender, ethnic origin, or cultural background.

2. Voluntary Participation

- Do not force an unwilling child to take part in Brazilian Jiu-Jitsu.

3. Playing by Rules

- Encourage your child to always play by the rules and to respect match officials.

4. Enjoyment Emphasis

- Remember that young people are involved in organised sport for their enjoyment, not solely for parents.

5. Support for Mistakes

- Never ridicule or shout at your child for making a mistake or losing a match.

6. Emphasis on Effort

- Teach your child that effort is as important as victory, and that results should be accepted without undue disappointment.

7. Abuse Prevention

- Support efforts to remove verbal, physical, and racist abuse from Brazilian Jiu-Jitsu.

8. Sportsmanship Role Modelling

- Lead by example as young people learn best through the actions of their parents.

9. Judgement and Honesty

- Do not publicly question the judgement of match officials or their honesty.

10. Appreciation of Volunteers

- Recognise the value and importance of volunteer coaches and administrators who dedicate their time, energy, and resources to provide recreational activities for your child.

11. Fair Play and Respect

- Insist on fair and disciplined Brazilian Jiu-Jitsu, not tolerating foul play, cheating, foul, sexist, or racist language.

12. Spectator Behaviour

- As a spectator, never enter the field of play.

By participating in activities at Jiu Jitsu Republic, all members, coaches, BJJ athletes, spectators, and parents agree to abide by this Code of Conduct.