



Kangaroo
Judo Club
Inc.

4th May

2026

Member Policy

INTRODUCTION

MEMBER POLICY SUMMARY

All sporting organisations have legal and moral obligations to provide safe sporting environments. JudoSA Member Protection Policy [Policy] assists in meeting these obligations by developing and maintaining responsible behaviours and ethical and informed decision-making within Judo. This Policy outlines our commitment to every person's right to be treated with respect and dignity, to be safe and to be protected from abuse. It informs its Members and supporters of their legal and ethical rights and responsibilities, and the standards of behaviour that are required in teaching and practising Judo.

Kangaroo Judo Club Inc is an affiliate to Judo SA and Judo Australia and therefore endorses all their issued Policies.

At the Club level, the following policies are provided to assist members in managing the activities that pertain specifically to Kangaroo Judo Club.

The Judo Australia Member Protection Policy 2024 applies to, but is not necessarily limited to, Board Members; committee and sub-committee members; administrators; coaches; referees and other officials; support personnel (whether they are appointed, elected or selected to these roles, or operate in a paid or voluntary capacity); all judoka; Life Members; parents/guardians; spectators; sponsors; and all affiliated Clubs.

The Judo Australia Member Protection Policy 2024 states its position on but is not necessarily limited to:

- Child protection
- Taking images of children
- Anti-discrimination and harassment
- Sexual relationships
- Pregnancy
- Gender identity
- Responsible service and consumption of alcohol
- Smoke-free environment
- Cyber bullying
- Social networking sites

This Kangaroo Judo Club Member Policy provides club specific advice regarding the following:

- Safe Judo Practice
- Hot Weather
- Fees and Financial Management
- Complaints

Kangaroo Judo Club Member Policy is available from:

Kangaroo Judo Club website: kjc.org.au

Safe Judo Practice Policy

1. POLICY STATEMENT

Judo aims to develop a healthy body and mind. To do this prevention of injury to self and fellow judokas is essential. We play to learn and compete honourably. The career of a Judo player may be many decades, therefore injury prevention is paramount. Obedience to the practices and beliefs inherent in the sport of Judo provides a sound foundation for a safe sport. Adherence to safe practices while on and off the mat is a requirement of judokas and expected by Kangaroo Judo Club. Acceptance of the rules associated with training and competition, respect for others at all times and self-discipline in all areas of personal attention and behaviour is required to support safe practice.

2. POLICY APPLICATION

This Policy applies to all judoka, parents/guardians, coaches and volunteers actively organising and/or participating in any training.

3. POSITON STATEMENT

The Kangaroo Judo Club seeks to provide a safe place to practice judo by providing safe facilities and providing an environment, which develops and supports safe practice for all judokas.

3.1 TRAINING

- Coaches to ensure there is adequate space on the mat during practice.
- Warm up, break-fall, stretching and cool down sessions to form part of all training sessions..
- Judoka to have suitable clothing and good personal hygiene at all training sessions.
- Protective equipment recommended where necessary.
- Metal objects are prohibited, except at the discretion of the coach in Kata training.
- The Blood Rule is enforced at all times – that is where a judoka receives an open wound, is bleeding, or who has blood on them or their clothes, they must immediately leave the playing area to receive medical attention
- Regular fluid replacement opportunities are available.
- National Guidelines surrounding the rules and techniques pertaining to children under 16 years are followed.
- Medical history forms are to be completed by all players when becoming a member. The Committee should be notified if there are any changes at any time.
- Any player who is ill must not attend training.
- Any player ill at training is to be assessed prior to commencement or continuation of training.
- Any player with a concussion/head injury must have medical clearance before training.
- Adequate public liability insurance is in place.
- Individual player insurance is highly recommended.

3.2 SUPPORT

Kangaroo Judo Club utilizes coaches who are qualified under the Coaching Accreditation Framework. All Officials, Coaches, Parents and Judoka are encouraged to undertake and maintain sports first aid certification.

All Coaches, Officials and Volunteers involved with children are expected to hold a current Working with Children check and be highly cognizant of their responsibilities under the current Child Protection Legislation.

All Coaches, Officials and Volunteers involved with children are expected to complete a JudoSA Member Declaration form annually.

All Coaches, Players, Officials, Volunteers and Spectators are expected to abide by the Codes of Behaviour as outlined in the JudoSA Member Protection Policy 2016.

Everyone is encouraged to report and or rectify any incident that may affect judo play or influence a person's ability to play.

3.3 FACILITIES

The mat area should be Judo specific and of a standard that is appropriate to both junior and senior training.

- Arrangement of the mat area must allow clearance from all walls and doors.
- Change rooms and toilet areas are to be clean and functional at all times.
- First Aid equipment must be available at all times.
- An emergency strategy for injury management is based on first aid escalation practices.
- Access to telephone communications is essential.

HOT WEATHER POLICY

1. POLICY STATEMENT

Kangaroo Judo Club recognises that safe sporting environments minimise the possibility of injuries and illness to those participating in the sport of Judo. A safe sporting environment includes activity in suitable temperatures. Therefore, Judo training and events may have to be modified or cancelled during hot weather.

It is expected that all participants, especially those organising an activity, act in a responsible manner.

2. POLICY APPLICATION

This Policy applies particularly to all Judoka, Coaches and Volunteers actively organising and/or participating in any training.

3. POSITION STATEMENTS

Heat makes people more susceptible to fatigue and muscle cramps. Judo is a high intensity sport in which Judoka are required to wear thick Judogi, both in training and competition all of which can exacerbate increases in body temperature in hot environments.

3.1 HYDRATION

High intensity exercise leads to fluid loss, and inadequate fluid replacement before, during and after exercise will lead to dehydration and may lead to heat exhaustion and /or heat stroke.

Kangaroo Judo Club advises players to access fluid before and during training to the level that still allows them to participate in training.

Regular drink breaks are offered during training to facilitate this.

Sports Medicine Australia (SA Branch) recommendation that athletes drink:

- at least 500mls of water (2-3 glasses) before activity;
- 250 - 500mls of water (2-4) glasses) every 15-20 minutes during activity; and
- at least 500mls of water (2-3 glasses) after activity.

The potential for levels of dehydration may vary from individual to individual.

3.2 AMBIENT TEMPERATURE

Judo is an indoor sport. Temperatures in some venues can reach very high levels especially during summer months. Therefore, training or other events may have to be modified or cancelled during hot weather.

The fluid loss and elevation of body temperature associated with high intensity exercise are likely to be increased in high temperatures, leading to excessive dehydration, heat exhaustion or heat stroke. This problem is exacerbated where conditions are humid.

Kangaroo Judo Club currently trains in a venue, which does not have air conditioning and the temperature is similar inside and outside the venue.

Judo is cancelled when the temperature at 6pm as posted on the Australian Bureau of Meteorology Website on the night of training at Ashton is forecasted at 35 degrees Celsius or above.

In the situation that a Fire Danger alert is circulated by the CFS for the Ashton area, Judo will be cancelled and everyone advised not to attend.

4. COMMUNICATION

The lead coach, other coaches and other volunteers as nominated will contact members to inform of Judo cancellation via Facebook, telephone messaging and or email on the day of training and leave a message on the door of the club room explaining cancellation and leaving a contact number.

FEES AND FINANCIAL MANAGEMENT POLICY

1. POLICY STATEMENT

Kangaroo Judo Club is a not for profit sporting organisation which is affiliated with the Judo Federation of South Australia (JudoSA). To support the activities of the club, fees are required to pay for associated costs of managing the club. Other fees are also required for judokas to be registered with the Judo Federation and to be eligible for the benefits and protection of this association. Kangaroo Judo Club has a clear and transparent approach to fees and the financial management of the club.

2. POLICY APPLICATION

This Policy applies particularly to all judokas, coaches and the committee.

3. POSITION STATEMENTS

Fees are required to pay for the facilities, registration of players, insurance and costs associated with competitions and other activities undertaken by the club in accordance to the Constitution.

3.1 MAT FEES

Judokas are required to pay the mat fee, for every training session as prescribed by and set by the Annual AGM. The mat fee is to be paid prior to participating in the training and payment for attendance is recorded.

3.2 REGISTRATION FEES

As an affiliate of JudoSA, Kangaroo Judo Club must ensure that all members are registered with JudoSA. These fees cover insurance, eligibility to enter competitions, gradings and a range of JudoSA activities. Members will be advised to register via the JudoSA website

It is also essential for Kangaroo Club Inc to maintain affiliation with JudoSA by means of payment of an annual fee as set by JudoSA.

3.3 FINANCIAL MANAGEMENT

Kangaroo Club financial matters are maintained in a transparent matter and funds are only used for the purposes agreed by the committee and in accordance with the Constitution. Funds are acquitted and a detailed report is presented to the members at the Annual AGM.

3.3.1 Special Arrangements

Special arrangements to support payment of fees can be arranged where a member is in financial hardship. Where this occurs, the matter must be presented to two Committee members and arrangements agreed to manage the required payments within an agreed timeframe.

3.3.2 Support for Judokas to Participate in Competitions

Club support for competition entry fees and other expenses associated with Judoka participation in competitions, is to be determined in principle at the AGM. Where the club has the funds to support this expense this will then be managed by the Treasurer and the expenditure is identified at the following AGM. Where funds are not available this support will not be made available.

COMPLAINTS POLICY

1. POLICY STATEMENT

Kangaroo Judo Club recognises that to ensure consistency and that the principles of natural justice are followed in all aspects of handling or conducting complaints, allegations and disciplinary measures. Kangaroo Judo Club will endeavour where possible to resolve complaints, which are local to the Club. All other matters will be referred to JudoSA or the appropriate authority.

All complaints will be kept confidential and will not be disclosed to another person without the complainant's consent except if law requires disclosure or if disclosure is necessary to effectively deal with the complaint.

Any costs relating to the complaint process set out in this Member Policy (e.g. investigation and/or mediation and/or hearings tribunal) are to be met by the complainant.

2. POLICY APPLICATION

This Policy applies particularly to all judoka, coaches and volunteers actively organising and/or participating in any training.

3. POSITION STATEMENTS

Kangaroo Judo Club aims to create a harmonious environment, which supports the sport of Judo.

As a first step the complainant should try to solve the problem with the person/s involved.

Where a member is unable to resolve the matter, the complaint is to be submitted to Chairperson of the club. Where the matter is internal and not required to be investigated by the police or appropriate authorities, the Chairperson will then approach a committee member not involved with the complaint to review the situation and offer a recommendation to the Chairperson.

The Chairperson will then make a determination and communicate this to the parties involved.

Where the complainant is dissatisfied with the outcome and considers that a broader perspective is required, the complainant can;

1. Initially, have the matter heard by the full committee with a determination by the full committee. The decision of the full committee will be the final Club decision.
2. Any further appeals should be referred to the Judo SA Board of Directors.