

ETIQUETTE DURING OPEN NATIONAL SQUAD TRAINING (ONST) CAMPS

1. All members of the GB National Junior, Senior, and VI Squad must attend for the full duration of the camp or not at all. Injured players should not attend.
2. You must be strapped and ready to start training at least **15mins** before the start of the session.
3. Great Britain union jack flags may only be worn on judogi by players who have been selected and competed at international events for Great Britain, otherwise they must be removed.
4. Zori must be worn to the edge of the tatami.
5. You are expected to wear a clean complete judogi whilst training.
6. Anybody requiring physio attention must see the coach in the first instance.
7. Water breaks will be given during technical sessions, - do not leave the mat unless told to do so. Please prepare your own water bottles.
8. Your complete attention is expected at every session.

“Standards of judo discipline and etiquette of the British Team and Squads must be the highest in the country - others will look up to you!”

OUR PARTNERS

