

– JUDO CANADA –  
CHECKLIST FOR JUDO CLUB  
IDENTIFY WHO YOU ARE



Date (yyyy mm dd):	<input type="text"/>	Club:	<input type="text"/>
<b>GOOD SYSTEMS</b> Programs that are developmentally appropriate, are:			
<b>PARTICIPANT CENTERED</b>			
Ability, level, age, size, and maturity are all considered when grouping judokas.			
Judokas are actively engaged in the training and fully included by their partners and teammates			
Creating conditions, designing and implementing lessons that ensure the active involvement of all participants			
All holistic aspects of participation are considered, including mental (intellectual and emotional), physical, cultural and spiritual.			
<b>PROGRESSIVE AND CHALLENGING</b>			
Judokas are learning and building on their existing skills.			
There are options to make an activity more or less challenging based on the judoka's skills and capabilities.			
<b>WELL PLANNED</b>			
Programs and practices are well-prepared and are delivered in context of seasonal and annual plans.			
The program is aligned with the Judo Canada's Long-Term Athlete Development framework.			
The club connects judokas to developmentally appropriate programs and opportunities, which may include different levels, competition, or activities. <i>Link to follow: <a href="https://bit.ly/3KEBG49">https://bit.ly/3KEBG49</a></i>			
Right from the beginning, judo teachers emphasize skill development over winning.			
Right from the beginning, programs develop fundamental movement skills and introduce motor abilities as well as judo specific skills acquisition through modified games.			
<b>DESIGNED FOR MEANINGFUL COMPETITION</b>			
Based on stage of development, the judokas are introduced to competition.			
Rules are adapted based on the age and level of the judokas.			
In the early stages, levels and/or categories are balanced so that judokas of similar ability compete against each other, giving everyone a chance to struggle and succeed.			
In the early stages, all judokas get to practice equally. Elimination competition formats are not used.			
Competition is timed appropriately for learning, and is affordable and accessible.			
<b>GOOD PEOPLE</b> Caring and knowledgeable clubs, includes:			
<b>COACHES, OFFICIALS, INSTRUCTORS, AND TEACHERS</b>			
Who are trained and qualified (minimum requirements of level 2 National Coaching Certification Program)			
Who are provided with, and partake in, ongoing learning opportunities.			
Who mentor and build capacity for future coaches, officials, instructors, and teachers.			
Who are screened by a police check and educated for safe sport			
Who assess judokas' developmental stage, and design programs and practices considering Long-Term Development key factors (e.g. sensitive periods).			
Who understand developing physical literacy and how to apply it in programs.			
Who are ethical and demonstrate good social, communication, and leadership skills.			
Who demonstrate Judo Canada's stated principles and integrate values-based sport in training and competition.			
Who use constructive language, communicate equitably and clearly, and involve judokas in discussion and feedback.			
<b>PARENTS AND CAREGIVERS</b>			
Who are knowledgeable about and encourage the core values of judo.			
Who are respectful.			
<b>PARTNERS AND LEADERS</b>			
Who ensure the club operates with clear lines of responsibility and authority.			
Who are accountable for decisions, policies, risk management, and operational practices as well as utilizing the latest in active and safe tools.			
Who regularly assess, continually improve, and modernize governance.			
Who seek opportunities to engage with programs and organizations in the community, province/territory and nation-wide to advance the benefits of judo and increase opportunities for new participants.			
Who use judo for social change and community development.			
Who provide educational opportunities about judo including meaningful competition and proper judo specialization.			
<b>GOOD CLUBS</b> Clubs that create good feelings, are:			
<b>INCLUSIVE AND WELCOMING</b>			
Everyone feels safe and that they belong regardless of ability and background.			
Access is affordable and barrier free.			
<b>FUN AND FAIR</b>			
Facilities and equipment are modified for the ability, size, and stage of the judokas.			
Programs and environments are FUN.			
Programs run on a regular basis and have appropriate attendance.			
<b>SAFE</b>			
Equipment is in good condition.			
Facilities are safe; the dojo is suitable, clean, well lit, and well maintained as well as personnel trained in first aid.			
Adheres to Safe Sport, the facility has policies and information readily available addressing bullying, harassment, emotional, physical and sexual misconduct, concussions, etc.			

Source: Sport for life - <https://sportforlife.ca/> - Based on a Long-Term Development approach, this checklist defines the elements that lead to Quality Sport experiences in sport program. It has been designed with everyone in mind, including women and girls, indigenous populations, participants with a physical or cognitive disability, and newcomers to Canada.