



Judo Saskatchewan Summer Camp Rules



Rules:

1. Dressed and taped for each judo training session
- 10 min before each session starts
2. Be on time for all meals at the scheduled times
3. Be polite & respect all athletes, coaches, staff, cooks and volunteers
4. No leaving the school grounds without talking to the camp director
5. Please report all injuries to the coaches
6. Please report all head injuries to the head coach (concussions)
7. Please keep all rooms clean and organized
8. Please hang up all judogis & workout clothes – do not leave them in a pile in the corner of your room!
9. Do not wear judo uniforms to meals
10. Please shower! Please clean your feet and hands before coming to judo training
– in general, please be clean!
11. No Cell phone use during the training camp (judo session) or activities.
- During free time is fine.
12. No electronic games or devices during judo or activities.
- Turned off and not used, if caught they will be taken away from you.
13. No missing curfew
14. No alcohol or illegal substance
15. No boys in the female floors and no females in the male dorms/floors.
16. No sharing WATER BOTTLE OR DRINKS.
17. Please sanitize hands when entering or leaving the dining rooms

**RULE BREAKERS WILL BE GIVEN EXTRA CLEANING DUTIES
OR WILL BE ASKED TO LEAVE THE CAMP!**

Judo Saskatchewan Summer Facility Rules

Rules:

1. No use of the school equipment without permission of the camp director
2. No being in the classrooms unless there is a planned activity or you have been given permission by the camp staff.
3. No being in the gym without the permission of the camp director
4. No being in the weight room without the permission of the camp director



WORK HARD BE HAPPY AND SMILE!

