



SHODOKAN AIKIDO
CAMBRIDGE

CODE OF CONDUCT

Shodokan Aikido Cambridge Code of Conduct

Shodokan Aikido Cambridge (the Club) is fully committed to the wellbeing and active participation of all members. All those involved in the activities of the Club are therefore required to adhere to the standards of behaviour set out in this document.

1. Our commitment

- 1.1. Shodokan Aikido Cambridge respects the rights, dignity and worth of every person involved in its activities. The Club is committed to the practice and enjoyment of Aikido in an environment that is free from discrimination, intimidation, harassment or abuse. It is the responsibility of all members to challenge discriminatory behaviour and to promote equality.

2. Standards of Behaviour

- 2.1. Members of Shodokan Aikido Cambridge are solely responsible for their own conduct when participating in the Club's activities or representing the Club, for example, in competition. Members must therefore:
 - a. Respect the rights, dignity and values of others;
 - b. Practice safely and within the rules of the sport of Aikido;
 - c. Maintain a good standard of personal hygiene;
 - d. Make reasonable efforts to arrive on time for training sessions;
 - e. Help each other and the coach(es) to prepare the class and to tidy away afterwards, including the laying down and taking up of the mats;
 - f. Treat facilities, staff and members of the Trumpington Residents Association, the University of Cambridge and other relevant institutions with respect and abide by any applicable rules;
 - g. Maintain the highest standards of personal behaviour at all times and be aware of how their actions may be perceived by others;
 - h. Conduct themselves in a decent manner, refrain from using offensive language, and maintain an even temperament;



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- i. Refrain from any behaviour that may be considered as bullying, harassment or discrimination. Harassment or discrimination on the basis of ethnicity, gender or gender identity, sexual orientation, disability, age, religion or any other status will not be tolerated;
- j. Not condone or leave unchallenged any form of bullying, harassment or discrimination witnessed;
- k. Respect the decisions of coaches and other officials and make any complaints through the official channels;
- l. Avoid the use of illegal drugs or other banned substances;
- m. Obey the law; and
- n. Understand and accept the repercussions of any breach of this Code of Conduct.

3. Health and Safety

- 3.1. Shodokan Aikido Cambridge is committed to encouraging all members to participate in Aikido to the best of their ability, but the health, safety and well-being of the Club's members should always be the first priority.
- 3.2. To support the Club in this effort, all members are expected to:
 - a. Take reasonable care for their own health and safety and that of others;
 - b. Obey the instructions of Club instructors;
 - c. Refrain from misuse of Club equipment; and
 - d. Ensure that they keep their emergency contact details up to date and notify the instructor(s) of any relevant medical conditions.

4. Anti-Doping

- 4.1. Members and instructors must adhere to the requirements of the World Anti-Doping Agency (WADA) code: <https://www.wada-ama.org/en/what-we-do/the-code>
- 4.2. Club members participating in competition, particularly at national level or international level, may be subject to random drug testing. Any member found to be in possession of prohibited



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performance-enhancing substances, or to have them in their system when tested, will be subject to a disciplinary process that may include permanent exclusion from the Club and its activities.

5. Media, including Websites and Social Media

5.1. Shodokan Aikido Cambridge wishes to promote the Club, and the sport and practice of Aikido, throughout Cambridge, including the University, and beyond. Media, including social media, are an important means of promotion, recruiting new members and keeping in touch with existing members. It is the responsibility of all members to manage their media presence responsibly. Accordingly, Club members are expected to:

- a. Refrain from publishing or posting derogatory or critical comments regarding other clubs or their members, other styles of Aikido, or other martial arts and their practitioners; and
- b. Avoid hostile dialogue, harassment or 'trolling' in online communications.

With respect to social media accounts managed by and representing the Club:

- c. Properly cite or otherwise acknowledge the intellectual property of others and observe copyright where relevant; and
- d. Review responses to posts and approve before publication.

6. Social Events

6.1. Social events are an important part of the Club's activities. Shodokan Aikido Cambridge is committed to ensuring that all members may participate fully in the Club's activities, including social events, in an environment that is free from discrimination and intimidation. Social events should therefore be inclusive, and all members should be made to feel welcome, though events may be restricted to adult members only if alcohol is to be consumed.

6.2. Members should be aware that:

- a. Participation in social events is wholly optional;
- b. Non-participation in social events shall incur no penalty, reprisal or discrimination; and
- c. 'Hazing' is strictly forbidden.



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7. Welfare

- 7.1. Shodokan Aikido Cambridge takes the welfare of its member seriously. Any member who has concerns about their own welfare or that of others should report their concern to the Club's Welfare Officer. Alternatively, they may e-mail the Welfare Officer of the national association, Shodokan Aikido UK (SAUK), at cpo@shodokan.org.uk.

8. Breaches of the Code of Conduct

- 8.1. Serious breaches of the code – including bringing Shodokan Aikido Cambridge into disrepute or harming the interests of its members – may result in temporary or permanent expulsion from the Club. See Section 11 of the Club Constitution for more information on Disciplinary Procedures.