



Dojo: 33 Picton Street, Newtown,  
Port of Spain, Trinidad, WI  
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Website: [www.qpic.org](http://www.qpic.org)

## Club Rules

### In the Dojo

1. Arrive in time to help with the preparation of the dojo for practice and help to clean when necessary
2. Remove footwear and hats when entering the dojo
3. Eating is not allowed in the practice area. Drinking off the mats is permitted
4. All garbage must be placed in the bins provided or taken away when leaving
5. Always observe proper judo etiquette

### Personal Hygiene

6. Keep oneself clean and free of offensive body odour
7. Hair must be kept short or tied in such a way that it allows for proper judo practice; no hair clips or head scarves are allowed
8. Keep the Judogi clean and free of offensive odour. Repair tears or holes immediately
9. Fingernails and toenails must be kept short, clipped and/or filed regularly with no serrated edges
10. No one is to practice if he/she has a cold, flu, any other communicable illness, open sores, undressed cuts or abrasions or is ill in any other way

### Outside the Dojo

11. No one is to perform judo in public except at club sanctioned demonstrations and competitions
12. Judo may be used as a means of self-defence in situations where there is no other alternative to preserve one's safety and of those in one's care
13. Instructors and their assistants are not to develop friendships with students under the age of 18 wherever the club administers judo
14. Only individuals that possess the relevant certification and receive the approval of the Head Instructor may administer judo sessions in the name of the club
15. All members are considered ambassadors of the club and, in extension, of judo and are expected to always exhibit proper decorum

### Fiscal and Administrative Matters

16. Pay all fees at the required times\*
17. No one is to transact any business on the club's behalf without the expressed consent of the Head Instructor/Director
18. Before practicing judo everyone must complete the Club Registration Form
19. Any new member over the age of 45 must present a current certificate of good health from a qualified physician before practicing judo
20. One valid form of identification (passport, DP, ID) is required for a Member Record Book

\*Please refer to the club's Fees Payment Guidelines