Easy After-school Jiu-Jitsu

Code of Conduct for Children and Young People

How we train together - the rules that keep our sessions safe, fair and fun

Version 1.0 | Adopted May 2026

Why we have these rules

Brazilian Jiu-Jitsu is brilliant fun. We grapple with our friends, we learn how to keep ourselves safe, and we get fitter and stronger. None of that is possible unless we look after each other on the mat. The rules below are how we do that.

These rules are written for our students to read with their parent or carer. Your parent or carer agrees to them on your behalf when they sign you up.

What we expect of you on the mat

Listen to the instructor's signal word

Every coach has a special word like "high five" or "freeze". When you hear it, stop what you are doing, look at the coach, and listen.

Respect your training partners

- Be gentle and stay in control.
- No punching or kicking. Jiu-Jitsu is grappling, not striking.
- Do not jump on your partner.
- Do not pull on hair, ears, fingers, or anywhere on the face.

Always respect the tap

If your partner taps (on you, on the mat, or out loud) you let go and get off them straight away. The tap means stop. There is no "one more second."

Tap early and often

- You can tap at any time if you feel uncomfortable, stuck, hurt or unsure (not just when something hurts).
- Tapping is not losing. It just means "I have had enough for now."
- A coach saying "stop", "break" or “time” counts the same as a tap.

Be kind and respectful to everyone

- Speak kindly. Wait your turn. Treat everyone the way you would like to be treated.
- Respect the coaches too. We are here to help you learn.

Participation is encouraged but not forced

- It is okay if you do not feel ready to join in (especially for sparring).
- If you sit out, you must do so quietly and safely, and you can rejoin when you feel ready.

- We will never make you spar if you do not want to.

Look after yourself, your kit and the space

- Come to class with clean training kit, short fingernails and toenails, and no metal jewellery.
- Tie back long hair.
- Tell a coach if you have a cut or scrape. We will help you cover it before you train.
- Drink water during the breaks. You can leave the mat for water or the toilet at any time, just signal to a coach.

If something worries you

If something happens on the mat, in the changing room, on the way to or from class, or anywhere else that worries you or upsets you, about another student, a coach, or anyone, please tell us. You can tell:

- Any coach in the session.
- Your parent or carer, who can email david@easjj.co.uk or james@easjj.co.uk.
- Your school's teacher or designated safeguarding person.
- Childline on 0800 1111.

You will always be listened to. You will not be in trouble for telling us.

If you break the rules

We use a three-strike system to help everyone make good choices:

- Strike 1 — A reminder of the rule.
- Strike 2 — Sit out for a few minutes.
- Strike 3 — Sit out for the rest of the session, and we will let your parents and your school know.

If a student reaches three strikes across multiple sessions in a half term, we may ask that they do not return to the club.

Zero tolerance for deliberate harm

If a student deliberately tries to hurt someone they will be removed from the session immediately, and we may ask that they do not return.

Examples ight include punching, kicking, purposefully ignoring a tap or trying to injure someone on purpose.

Acknowledgement

Parents and carers acknowledge this Code of Conduct on behalf of their child as part of every term booking. The current version is published on easjj.co.uk so you can read it any time.