

SKVA House rules

Dojo etiquets

1. Make sure you are on time. If you are late, please take a seat on the side of the hall in seiza and wait for a signal from the teacher to join the class.
2. Make a standing greeting when entering and leaving the dojo.
3. If you have to leave the room during class, ask permission from the teacher.
4. Show mutual respect and helpfulness; greet each other before and after each exercise.
5. Make sure that other karateka can train unhindered.
6. Mobile phones must be switched off in the dojo (ditto for visitors).

Clothing & Food

7. Make sure you have a clean body and karate gi.
8. Female karateka wear a white T-shirt under the jacket.
9. No shoes are worn in the dojo (ditto for visitors).
10. Do not consume food and / or drinks in the dojo (bottled water is allowed).

Safety & preventive measures

11. To prevent theft, do not leave belongings in the locker room.
12. Keep (emergency) exits free.
13. Karate training is at your own risk.
14. Report injuries to the teacher before class starts.
15. Keep your nails trimmed on both hands and feet.
16. Don't wear jewelry or hair clips (use an elastic / hair band if necessary).
17. Do not use chewing gum because of choking hazard.
18. Wearing fist and mouth protection is mandatory during kumite.
Chest or crotch protection is optional.
19. Leave the dojo and locker room tidy.
20. If you were to be picked up and no one shows up, please contact the teacher. Never go home alone in this case.
21. You can report bullying, sexual harassment, aggression or discrimination to our confidential contact person (see <https://skva.info>).

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Rules of conduct for SKVA supervisors

The supervisor must provide an environment and an atmosphere in which the athlete can feel safe.

The supervisor refrains from treating the athlete in a way that affects the athlete's dignity, and from penetrating further into the private life of the athlete than is necessary in the context of the sport.

The supervisor refrains from any form of (power) abuse or Sexual Harassment towards the athlete.

Sexual acts and sexual relations between the supervisor and the young athlete up to the age of sixteen are not permitted under any circumstances and are regarded as sexual abuse.

The attendant must not touch the athlete in such a way that the athlete and / or the attendant can reasonably be expected to experience this touch as sexual or erotic in nature, as will usually be the case when deliberately touching genitals, buttocks, and breasts.

The counselor refrains from (verbal) sexually oriented intimacies via any means of communication.

During training (internships), competitions and travel, the supervisor will treat the athlete in a reserved and respectful manner and with the space in which the athlete is located, such as the changing room or the hotel room.

The supervisor has the duty - as far as is within his power - to protect the athlete against damage and (power) abuse as a result of Sexual Harassment. Where it is known or regulated who represents the interests of the (young) athlete, the supervisor is obliged to cooperate with these persons or authorities, so that they can perform their work properly.

The supervisor will not give the athlete any material or immaterial compensation with the apparent intention of asking for compensation. The supervisor also does not accept any financial reward or gifts from the athlete that are disproportionate to the usual or agreed remuneration.

The facilitator will actively ensure that these rules are observed by everyone involved with the athlete. If the supervisor identifies behavior that is not in accordance with these rules of conduct, he will take the necessary action (s).

In those cases in which the rules of conduct do not (directly) provide, it is within the responsibility of the supervisor to act in the spirit thereof.