

# Class Protocols and Procedures

## **Prior to arriving to the dojo**

1. You will need to sign an emergency release form/registration packet which includes, a health questionnaire and a Covid 19 (communicable disease) Waiver, as well as information regarding, testing, sparring equipment, uniforms, and tuition.
2. You will need to register for classes (in the dojo). No one will be permitted in the dojo if they just show up without registering for a class.
3. We will be taking roll each day., we use a “google sheet” to do so.

## **When you arrive at the dojo**

1. You will need to follow all instructions given by the receptionist and/or instructors.
2. Students should arrive no earlier than 10 minutes prior to class and parents/drivers should pick up students no later than 10 minutes after class. Please be courteous and don't be late.
3. There will be hand sanitizer at the dojo entrance and exit, please use upon entering and exiting.

## **What you should or should not bring to the dojo?**

1. Please wear shoes you can slip on and off.
2. Please bring a filled water bottle with you if you require a drink, marked clearly with your first and last name. There will be no water fountain available nor drinks or snacks for purchase.
3. Please use the restroom before you arrive to the dojo and come ready for class. We understand there are some emergencies but we want to make it safe for everyone and the constant cleaning takes us away from being able to offer attention to the class.

## **During class time**

1. No spectators (parents, siblings, grandparents, nannys, drivers, significant others etc) will be allowed in the dojo during classes.
2. Parents, siblings, grandparents, nannys, drivers, significant others etc we ask that you do not congregate at the windows or balcony, while waiting for student in classes.

I have read the following document Class Protocols and Procedures, I fully understand its content and terms.

Parent/Guardian Print Name: \_\_\_\_\_ Date Signed: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

## **UNIFORMS, EQUIPMENT, BELT PROMOTIONS AND TESTING**

### **UNIFORMS**

**All** students will be required to wear the traditional, white karate uniform to class every day.

Students uniforms are available for purchase at the Okaigan Karate Dojo. Please check with secretary for current pricing.

Please be sure to wear a clean uniform to class.

-Ladies/Girls may wear a white T-shirt, white Tank Top, or white Jog Top under their uniform top.

-Men/Boys do not wear shirts under their gi top, but a white tank top is acceptable.

Prior to testing for the rank of Green Belt, students will be required to purchase a Medium Weight Karate (gi) Uniform.

## **SPARRING**

Karate is a contact sport and sparring and related exercises are part of karate and/or self-defense classes. Though we have guidelines for sparring, based on the USA National Karate do Federation rule book, this is still a contact sport and students can get hit even if they block correctly, and blocking itself might hurt a lot.

The required equipment for this activity includes the following:

- Sparring gloves (red or blue)
- Shin-insteps (white)
- Mouth-guard & case
- Helmet with face-mask
- Groin protector for men and boys.
- Chest protectors
  
- **All equipment must be of an approved type, by the Okaigan Karate Dojo and can be purchased at Okaigan.**

**WE DO NOT HAVE ANY EQUIPMENT TO BORROW, EACH STUDENT MUST OWN THEIR OWN EQUIPMENT AND BRING TO CLASS DAILY.**

## **BELT PROMOTION AND TESTING**

- Testing is optional, but available for an additional fee.
- Please check with secretary for current belt testing fees.

I have read the following document Uniforms, Equipment, Belt Promotion and Testing, I fully understand its content and terms.

Parent/Guardian Print Name: \_\_\_\_\_ Date Signed: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_