



Safety Practices:

- Students are required to wear face masks at and during class. Face masks need to cover both mouth and nose.
- Students should expect to be temperature checked upon entry to the building or into class. Each facility has their own safety protocol.
- If students are not feeling well or have a temperature, they should not attend class. The Kid's Karate Club has the "never miss a class guarantee" So if a student misses class, they can get access to the virtual version of that class. To request the missed class virtually, please create a free account using this link <https://go.gymgo.com/karate-club#/sign-in> Then email LenasKarateClub@gmail.com with the student's name, class location (city), current belt color and date of the class missed.
- Students are required to wear a Kid's Karate Club uniform at class. The uniform should be washed regularly. Belts are not to be washed, but can be sprayed with lysol to keep sanitized. Kid's Karate Club uniforms are available at KidsKarate.com and need to be ordered by the second class. Uniforms are brought to class by your instructor.
- Please tie belts so they are snug. To keep belts in place, you might want to loop a piece of tape around them.
- Please be sure students use bathrooms prior to coming to class.
- Spot markers will be used to socially distance the students. Students are expected to listen and practice in their designated spot.
- Students should have their own sanitizer.
- Karate yells (a kiai) will be taught, but not used in class. Students will be encouraged to practice their kiai when practicing at home.
- Students will wear shoes during class so they can kick practice shields.
- Only students with hand pads will be allowed to hit hand shields. Hand pads can be purchased at KidsKarate.com
- Students will receive two books. The pink book should be graded by parents once a week on how well their child behaves at home. Any scores below 7 should be reported to the Sensei. The rank book represents the color belt the student is working towards and has a listing of the techniques they need to learn so pass their belt test.
- Please follow us on social media for the latest updates.
- Safety is our number one priority and parents will be notified if students are not following safety protocols.