

# Summer Karate Camp GASSHUKU by KarateBros

## Summer Camp Rules and Instructions

**These rules are intended to ensure the safety of all our campers. Please read and follow.**

**Arrival:** We will meet all participants at the gated entrance to Cherry Creek State Park on the first day of camp between 7:00-7:30 am.

**Departure:** All participants must be picked up on the last day of camp at 10:00 am and no later than 11:00 am.

**Behavior:** Our goal is to provide a safe, positive learning environment for all our campers. Please understand that behaviors that compromise our goal cannot be tolerated. Parents will be called and asked to pick up their child if their behavior is disruptive or endangers themselves or others, and no fees will be refunded.

**Medical Conditions/Food or other Allergies/Medications:** Please inform OKINAWA KARATE DOJO Senseis of any special circumstances your child(ren) may have. (This information should also be noted on the Participation Application and Liability Waiver. Especially in the case of allergic reactions, those instructions should include an emergency contact person and any immediate action that needs to be taken.

### “Buddy RULE”

Do not go anywhere without a “Buddy” and you **MUST** tell Sensei where you are going.

### Respect the Nature

Clean-up after yourself. Trash goes into a Trash Can.

**Wash your hands before touching food.**

## Camping List

- 1 Underwear, socks, t-shirts, shorts (4 days)
- 2 Sport/sweat pants and a jacket/hoodie (for early morning/late evening training)
- 3 Sport shoes (for outdoors training)
- 4 Flip flops
- 5 Swimming shorts/swimming suit
- 6 Bath/Beach towel
- 7 Toothbrush, toothpaste
- 8 Soap, shampoo
- 9 \$.25 (quarters) for the showers 1 quarter / 1 minute
- 10 Sunglasses
- 11 OFF Spray (for kids < 20% DDT) for the mosquitoes
- 12 Hat, Cap or Bandana!!!!
- 13 Flashlight
- 14 Sleeping bag, Pillow, Winter hat (to sleep in case of cold weather conditions)
- 15 Karate Gi (uniform). We recommend to use an old one if you have it (for outdoor and water training).
- 16 Karate protective gloves and mouthpiece
- 17 Casual Outdoor Clothes
- 18 Talent Show costumes and all necessary equipment for your performance

**Food/Drinks: Do not bring anything.** Dojo will provide delicious meals and beverages. No drugs or alcohol of any kind is allowed on premises of the campground!

Participant's First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Signature \_\_\_\_\_

Parent/Guardian Signature (if under 18 years of age) \_\_\_\_\_

Date(mm/dd/yy) \_\_\_\_\_