

SHOTOKAN KARATE OF AMERICA, INC. PORTLAND, OREGON DOJO



POLICIES FOR KARATE-KA UNDER THE AGE OF 18

Children under the age of 18 are welcome to practice. The Portland SKA dojo adheres to the following policies and procedures regarding minors. Please review them carefully, and speak with one of the black belts if you have any questions.

We ask that a parent or emergency contact be available by phone during practice times. In case of an emergency, efforts will be made to contact the child's listed emergency contact, and the child may be taken to a local hospital for treatment.

There is a risk of personal injury associated with karate practice due to the physical, mental, and emotional challenges of the activity. A child's participation in karate practice is entirely voluntary and requires participants to follow instructions and abide by all applicable rules and the standards of conduct.

Children may engage in sparring practice. A child may be matched with an adult for sparring or other drills. This activity poses an unavoidable risk of injury. Leading black belts will be careful to match children with other children or with an appropriate adult.

Our policy is not to leave an adult who is not the child's parent or guardian alone with a child. If an adult is late picking up a child and everyone else has left, the leading black belt will take the child to the main office at Friendly House and will wait there.

If English is not your child's first language, please let us know. Also, if your child has any special needs or disabilities, talk about it with one of the black belts so that we may adjust the instruction appropriately.