

TKA SUMMER KARATE CLINIC 2021

Dear camper:

We are happy to have you with us and are excited to be returning to some normal karate activities as we come out of the pandemic. As you know, our camp this year is shorter, but we look forward to just as much fun and learning! Please review all of the info below even if you are a veteran camper and are familiar with how camp works in normal times since some things will be different this year.

Note that **registration is not complete and camper may not attend camp until the following are received at our office no later than July 23, 2021:**

- copy of vaccination card showing both shot dates or verifying J & J and date (or other proof of full vaccination)
- signed copy of COVID waiver
- completed and signed medical authorization.

You may scan and email to tkasudo@verizon.net, mail to TKA PO Box 8611, Gaithersburg, MD 20898, or bring it to the office in Gladiator Trophies, 15918 Luanne Dr., Gaithersburg, MD 20877 Tues. or Thurs. 10-5, Fri. 10-3, or Sat. 11:30-1:30. Please call the office at 301-840-9262 with questions.

There will be no bus transportation this year. If you have not received a map, please contact our office at (301) 840-9262, Tue., Thurs. & Fri. from 10:00AM - 5:00PM (3PM Fridays). The drive is about two and one half hours. Check-in time is **4:00 PM on August 1** for the mini camp and **4:00pm August 4** for the instructor retreat. The Blue Ridge School does not allow anyone to arrive before 3:00 PM. Please arrange your trip to arrive no earlier than 3:00 PM. **Check out time is 8:30 AM on August 4** for the mini camp and **8:30 AM August 7 for the first brown and black belt clinic. Checkout times are strictly enforced. If you are picking up a camper Aug. 4 or Aug. 7, you must, absolutely, do so at or before 8:30 AM.**

Cancellations: if you must cancel, please let us know **no later than July 23** in order to be refunded (note that refunds will cover the amount received by TKA through paypal and will not include the fee paid to paypal for processing). **Reservations canceled after July 23 may not be refunded.**

Parking is allowed in designated areas. It should be understood that your car is for arrival and departure ONLY. Once there, you are asked not to use it for any reason without prior arrangements with the camp director (Kim Moake).

On arrival, students will move into their rooms, tour the grounds and meet the staff and other students. The first workout will be at 8:00 PM. All workouts are mandatory and students should dress out unless otherwise instructed. The dress code at camp requires gi pants, belt, and T-shirt. Students should have gi tops available for certain workouts. At camp, any reasonable shirt is acceptable. Full gi is required for exams and tournaments. (Note that at this particular camp, there may not be an exam/tournament option). Please bring adequate clothing, especially gis, for the full time you will be at camp, as washers and dryers may not be available.

Dorm space will be allocated by age and gender. Students may not move into rooms set aside for a different age group without permission from Kim Moake. Permission may be given to move out of the assigned floor at camp only to permit siblings to room together. It is very important that rooms be kept in perfect condition from the time campers arrive until the time they leave the Blue Ridge School. Students will be sleeping in bunk beds. You/your student may be sleeping in a top bunk.

The following items are **necessary:** (*sheets, pillows, and towels are not provided*)

- Blankets or sleeping bag
- Towels
- Flashlight
- At least one gi with belt
- Toilet articles
- Sheets, pillow, pillow cases

NOTE: since masks may be required when in the presence of non-TKA campers and Blue Ridge staff and residents, please bring your own masks. Masks will not be provided but may be required.

The following items are **highly recommended:**

- A light jacket
- T-shirts (the more the better)
- Sandals or flip-flops *
- Extra gis
- Sweatshirt
- *Sneakers* *
- Swim wear
- Sparring equipment

* VA state law requires footwear at all meals.

Bring any karate weapon you wish to study. Bo, sai, nunchaku, throwing stars, cane, sword, tonfa, kusari, escrima, yawara and kama have all been offered in the past (no live blades). All weapons must remain in your room when not in class.

The following items are useful, but optional. Most of these may be purchased at TKA ahead of time and some may be available at camp.

NOTE: we may not be able to have a camp store with merchandise this year, so come prepared!

- martial arts shoes
- TKA T-shirts
- extra gis
- Mouth guards
- Athletic cups
- Sparring equipment

THE FOLLOWING ITEMS MUST BE LEFT AT HOME:

- Radios
- Tape players
- CD players with headphones
- TV
- Any and all other electronic “noise makers”
- Knives

Instructors may confiscate the listed items and any other items that they deem dangerous or disruptive. *All weapons are to be used **ONLY** during supervised times.* All items, *especially gis*, should be marked with your name. Use indelible markers whenever possible. Please remember that, regardless of age, you must carry what you bring.

MEDICATION - (Insurance requirement): TKA staff, including medical staff, will not be permitted to administer medication of any kind. Campers must administer their own medication. If a camper is unable to be responsible for his or her own medication, (including schedule, dosage, etc.) he/she will not be permitted to attend the camp.

CELL PHONES may be used only in dorms or during recreation time. Cell phones are not permitted at any meetings or workouts (this will be strictly enforced). Instructors may confiscate cell phones that are being used inappropriately. Confiscated phones will be returned to the camper before their departure from the camp. TKA staff **WILL NOT** be responsible for any camper’s cell phone under any circumstance. For best results, leave cell phones at home.

VALUABLES AND SPENDING MONEY: Please do not bring valuables to camp. We cannot be responsible for any lost or stolen items. TKA will assume responsibility for all valuables given to the camp director that are marked with your name and phone number. Please use an envelope for small items. Your need for spending money will be small.

Note that we are still in the planning stages for some aspects of this first-time camp model. **There may (or may not) be a snack bar which would be open for limited periods, and we may (or may not) have a TKA Camp Store.** Plan your spending needs as if those options will be available. Feel free to bring your own snacks and drinks as long as they do not require refrigeration and the packaging can be re-closed for safe storage in your room. Please be sure no food or drink trash is left in your room!

MEALS will be served cafeteria style at 8:00 AM, 12 noon, and 6:00 PM (times subject to change at any time at request of Blue Ridge School). No visitors are allowed to partake of any meals (sorry, this includes parents).

NO VISITORS ARE PERMITTED ON THE CAMP SITE. Unfortunately, this includes parents and instructors who are not staff or students at camp. You must have Ms. Moake’s express, **WRITTEN** permission to come onto the premises. This must be strictly enforced. Parents who drive their children to camp may view the grounds, but everyone except staff and students must leave the grounds by **4:30 PM**.

Insurance companies have become very strict. Please return the “Authorization for Medical Treatment” form **and** the COVID waiver. **It is imperative that we receive all forms on or before Friday July 23 (includes forms for campers attending the first brown/black belt clinic!)** so that our records will be accurate and up to date. Please do not hold them until the first day of camp or give them to an instructor. **SEND THEM IMMEDIATELY.** Scan and email to tkasudo@verizon.net (bring originals to camp!) or mail to TKA PO Box 8611, Gaithersburg, MD 20898 in plenty of time to reach us by July 23. No one will be permitted at camp without our receipt of your medical forms and COVID waiver prior to the first day of camp.

During the week of camp, if you need to contact a camper through the Blue Ridge School office please use the following procedures to assure the fastest way to contact your camper:

1. Please!! **EMERGENCIES ONLY.**
2. You must say that it is for a “TKA karate camper”.
3. Campers can return calls during breaks in our schedule and at night before lights out.

Blue Ridge School
St. George, VA 22935
(434) 985-2811 - - - Mon. through Fri., 9:00 AM - 4:00 PM only

If we may help you in any way, please contact us at (301)840-9262, Tue., Thurs. from 10:00AM - 5:00PM, and Fri. 10-3pm. Please keep this letter for reference as no additional literature will follow.

campinfo.D

Sincerely,

Kim Moake
Tompkins Karate Association

TKA, Inc.
P.O. Box 8611
Gaithersburg, MD 20898-8611

COVID WAIVER FOR TKA SUMMER CAMP 2021 AT BLUE RIDGE SCHOOL

Blue Ridge School requires all summer residential camps to follow Virginia Department of Health (VDH) COVID safety guidelines current at the time of the camp and will have safety protocols in place based on those guidelines to reduce the potential impact of COVID-19 on staff, campers, and their families. TKA campers and staff will comply with these guidelines and safety protocols.

By signing this waiver and registering for camp, camper and/or parent/guardian agrees to follow those guidelines and agrees and attests to the following:

- campers must be fully vaccinated and must present proof of vaccination **by July 23**
- campers may be screened daily during the camp for COVID symptoms
- campers must report any symptoms of illness and understand that they may be quarantined at the camp and could be required to leave the camp based on their symptoms. In the event the camper must leave camp, camper must provide their own transportation to do so.
- campers understand that underlying health conditions could make exposure to COVID more dangerous and agree to report any existing health issues to TKA before arriving at camp
- campers understand and agree that, in accordance with VDH guidelines, face masks will **not** be required when camper is working or socializing with other TKA campers and staff **BUT** that masks may be required when in the presence of anyone on the premises who is not part of the TKA camp including but not limited to Blue Ridge staff and members of other camps

By signing this agreement and/or submitting an online registration, the named camper and/or parent/guardian of the camper acknowledge the above and that there are many unknowns surrounding COVID and COVID screening, testing, and vaccination, and that Blue Ridge School and TKA cannot control or address all risks. Camper and/or parent/guardian understands and agrees that Blue Ridge School and TKA will follow VDH guidelines in place at the time of camp but that they cannot guarantee that campers and their families will not become infected with COVID-19. Camper agrees to abide by the safety protocols above and any others in place at the time of the camp.

Camper and/or parent/guardian understands the risks and assumes all responsibility for any COVID related issues potentially stemming from the camp. Camper holds Blue Ridge School and TKA and their agents harmless and not liable for any COVID issues potentially stemming from the camp.

Please sign and return this waiver no later than July 23—applies to registrants for both camps. No camper will be permitted at camp without proof of vaccination and this signed waiver on file on or before July 23.

Camper signature

date

Parent/guardian signature **if camper is under 21**

date



TOMPKINS KARATE ASSOCIATION

AUTHORIZATION FOR MEDICAL TREATMENT

I authorize the Camp Director or his representative to act on my behalf in case I, or my child,

_____, am/is the victim of a major accident, injury, or illness when immediate medical or surgical care is needed, provided the Director, or his representative shall, when it is reasonable to do so, make diligent effort first to notify me of the situation and obtain my preferences. If such efforts to contact me are unsuccessful or should expediency make it impractical or dangerous to the health of my child or others to first attempt to contact me, or it is otherwise not possible to obtain my preferences, I authorize the Director, or such staff designated to act in his stead in his absence, to take such actions and give such consent on my behalf as their judgment dictates.

In the event that the Director or his representative must agree to be the guarantor for fees incurred at a medical facility in order for me or my child to receive treatment, I agree to pay all fees that may be charged to that individual. I understand that medical facilities may bill me for any portion of those fees which is not covered by insurance.

The Director or the staff acting in his stead in his absence, and the camp staff have my authorization to obtain from other physicians, hospitals, or health care facilities, any medical information they need to provide me or my child with continuing health care while at the TKA Summer Karate Clinic.

Note: please return a copy of both sides of your insurance card(s) with this form.

I have Medical/Health Insurance

I have Dental Insurance

Policy # _____

Group # _____

Company _____

Address _____

I have **NO** Medical/Health Insurance

I have **NO** Dental Insurance

Signature of Camper: _____

Signature of **Parent/Guardian** of Camper: _____

Date: _____

**Please complete, sign, date, and mail this form to:
(this form must be in office 7 days prior to camp)**

**TKA, Inc.
PO Box 8611
Gaithersburg MD 20898-8611**

Directions to TKA Summer Camp at Blue Ridge School

- Take 495 to Northern Virginia via Cabin John Bridge (outer loop)
- Follow 495 to Route 66 West (~6 miles from Cabin John Bridge)
- Route 66 west (~20 miles) to Route 29 South towards Gainsville
- 29 South through Gainsville and Warrenton (use bypass) to Ruckersville (~56 miles)
- Turn Right onto Route 33 towards Stanardsville (use bypass) to Route 810 Dyke Road (~6 miles)
- Turn left onto 810 and follow for 5.6 miles to Bacon Hollow Road (there is a small store at the corner and a sign for Blue Ridge School)
- Turn right onto Bacon Hollow Road and follow for 1 mile to Blue Ridge School (on left)
- Look for big stone gate. Turn left and drive straight past the lake to the dorms.

