

Over Thirty Years of Excellence



## Illinois Shotokan Karate Clubs

### Safety Guidelines

- Arrive fully dressed in your karate uniform
- Bring your own water bottle
- Do not bring your karate bag into class
- Face coverings must to be worn at all times by students.  
(Upon entering the facility, during class and when leaving the facility)
- Use hand sanitizer when entering and leaving class
- No partner drills or kumite will be done. Everyone will remain in his or her own space to follow social distancing
- Karate instructors will also have a face covering and will socially distance students at least 6 feet apart or further if the space allows
- And any other Park District requirements

If you have any other questions regarding the safety guidelines, please contact the ISKC office at 847/359-0666