



# Karate BC Team

## HANDBOOK

### COMPETITIVE SEASON: 2010

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## **KARATE BC TEAM INFORMATION SCHEDULE 2010**

|                   |  |   |
|-------------------|--|---|
| 2010 Provincials  | BCIT (weigh-in & setup)<br>BCIT (weigh-in & competition)   | Friday January 22 6:30pm – 8:30pm<br>Saturday January 23 8:30am – 6:00pm  |
| 2010 Selections   | Hollyburn Country Club   | Saturday February 13 12:00pm – 7:30pm   |
| BC Team Training  | Hollyburn Country Club   | Sunday February 14 9:00am – 4:00pm  |
| BC Team departure | Vancouver Airport<br>Comox Airport<br>Victoria Airport<br>Prince George Airport<br>Kelowna Airport | Tuesday March 16, 2010<br>(e-tickets to be sent via email)  |
| 2010 Nationals    | Toronto, Ontario   | Wednesday March 17 10:00am – 11:30am  |
| Training Sessions |  | Thursday March 18 11:30am – 1:00pm<br>Friday March 19 10am – 12pm<br>Saturday March 20 10am – 12pm<br>Sunday March 21 10am – 12pm |
| 2010 Nationals    | Sheraton Downtown Centre   | March 19 – 21   |
| BC Team competes  | Toronto, Ontario   |   |
| Go! Team BC, Go!  |  |   |

**ANY LOCAL TOURNAMENTS WHICH ARE KBC SANCTIONED ARE RECOMMENDED FOR  
FURTHER ATHLETIC DEVELOPEMENT. CHECK [WWW.KARATEBC.ORG](http://WWW.KARATEBC.ORG)  
FOR COMPLETE TOURNAMENT SCHEDULES**



## **TEAM OVERVIEW**

The Karate BC Team is the official team that represents the Province of British Columbia. The primary event the team attends is the Canadian National Black Belt Championships, held annually in a different Canadian city by Karate Canada (KC) in conjunction with the karate association of the host province. The BC Team has a long and proud history of sending provincial athletes to the Nationals for over 25 years and it has produced many National Champions. The Team is divided into Cadets (14-15), Juniors (16-17), Under 21 (18-20), and Seniors (18-40).

The goals for the Karate BC Team are:

1. To provide a program that fosters mental and physical excellence and allows our elite provincial athletes to excel in national and international competition.
2. To produce a team that will take top honors in national and international events.

There are two main competition categories: *Kata* and *Kumite*. Each category has age divisions for both male and female athletes ages 14 and up, with some Kumite divisions also separated by weight.

## **HIGH PERFORMANCE COMMITTEE (HPC) MEMBERS**

The following individuals are members of the High Performance Committee members. All inquiries regarding the BC Squad/BC Team and/or events and tournaments involving the BC Squad/Team should be directed to the HPC chair.

Dan Wallis – President

Rick Penner – HPC Chair

Andreas Kuntz – Executive Member

Jason Farquharson – Athlete Representative

Cindy Jacob – Athlete Representative

Sandeep Gill - Head Coach

Nicole Poirier – Coach

Mike Ditson - Coach

Louise Outland - Team Manager



## BC TEAM QUALIFICATIONS

This year the BC Team Qualifications will be based on the zone system. The top four competitors in each division at their zone tournament will qualify to represent their zone at the Provincial Championship. This tournament will be dubbed the "Provincial Tournament" and will allow the top 4 competitors in each division 14/15 advanced divisions and up to be a member of the "BC Provincial team squad". In addition to the top 4 places, the BC Team coaching staff reserves the option of inviting up to two additional "promising" athletes per division. Dojo coaches and Zone coaches are requested to approach the coaching staff within 7 days of the provincial championships. Decisions regarding "promising" athletes will be made at this time, and potential candidates will be notified immediately.

On February 13, 2010, Squad athletes (up to 6 per division) will compete in the "Final Selection Tournament" which will be a round robin format allowing each athlete to compete against all others in that division. The top 2 athletes from each kumite division and top 3 athletes from each kata division at this Final Selection Tournament will earn a provisional spot on the Team competing at Nationals this year held in Toronto, Ontario. In addition, eligible returning champions from the 2009 National Championships will be added to their respective divisions. In case of a tie (in kumite) at the selection tournament, athletes will be requested to spar with each other. Should there be a tie at the end of regulation, coaches will select the athlete based on previous tournament experience and performance at BC Squad trainings.

Additional to the BC team training schedule, athletes are required to participate in any zone trainings that their zone coaches and representatives organize. If you cannot attend any one of the BC Team events you must submit a written explanation within 48 hours of the event to the High Performance Committee for their ruling on whether you may become or remain a Team member. Any questions or concerns can be sent to Dan Wallis, president of Karate BC at [wallis\\_d@telus.net](mailto:wallis_d@telus.net) or Rick Penner, HPC Chair at [pennerrick@hotmail.com](mailto:pennerrick@hotmail.com)



## CRITERIA FOR SELECTION

There are several other factors that will contribute to placement on the BC Team. While the results of the "Final Selection Tournament" will be the **major deciding factor** in Team selection this year; the coaching staff and high performance committee will make final decisions. The following is a list of expectations for all athletes wishing to become Team members.

**Fitness Testing:** Athletes will be tested several times throughout the training season and results will be used to monitor physical development and commitment to improving skills, athletes who fail to reach minimal test standards may be removed from the team at the discretion of the coaching staff. Athletes who have positive fitness tests and continue to improve will receive an additional favorable mention in the event of a tie during selection

**Regular Documented Dojo Training:** Athletes must maintain adequate training standards at their dojo as endorsed by their instructors.

*There are no excuses.*

- 14-15yrs a minimum 2 times per week technical and tactical training in the dojo with karate specific supplemental training additional 2 times per week. Team standard preference for 3 times per week dojo training and 2 times per week karate event specific supplemental training.
- 16yrs and up minimum 3 times per week with team standard preference for 4 times per week with additional training in karate specific strength and conditioning 3 times per week.

**Squad Training Attendance and Financial Obligations:** Athletes must attend the entire mandatory training sessions on time and to completion. They must also maintain a high level of team commitment, values and attitude as well as meet all financial requirements on time.

**Coaches Recommendations:** Coaching staff reserves the right to recommend athletes in relationship to the needs of the team, athletic development, training and competitive output, with the approval of the HPC.



All athletes competing in kata and team kata divisions must know and be able to perform a minimum of 2 Shitei katas by the first team training session. Team Kata teams should be able to perform bunkai of either a Shitei Kata or Tokui Kata they plan to perform in the finals as per the WKF rules. For more information and list of the WKF (World Karate Federation) rules visit <http://www.karateworld.org/>.

### Compulsory (Shitei Kata)

#### **Chito Sanseru**

**Bassai**

#### **Goju Seipai**

**Saifa**

#### **Shoto Jion**

**Kanku Dai**

#### **Shito Bassai Dai**

**Seienchin**

#### **Wado Seishan**

**Chinto**



## QUALIFYING FOR THE NATIONALS

In order to qualify to go to the Nationals, you must attend all of the training sessions and have an up-to-date KBC Membership. An athlete who won their division at the previous Nationals is automatically invited back to the Nationals the next year as the Returning Champion, allowing the team to have one more person in that division. The top 2 competitors at the Nationals qualify for the National Team Squad. Returning Champions may attend the BC team program free of charge. If they wish to receive financial compensation from the team program including subsidized travel and accommodation at nationals or any grants awarded through Karate BC. They are required to follow through all obligations and requirements and participate in the entire program like all other squad and team members. The team will have 2 athletes for each kumite division and 3 athletes for each kata division except for those divisions where we have a returning champion.

- 1 "A" Team Member (met all criteria outlined in handbook and placed first at Final Selection tournament.)
- 1 "B" Team Member (met all criteria outlined in handbook and placed second at the Final Selection tournament.)
- 1 "C" Team Member (met all criteria outlined in handbook and placed third at final Selection tournament.) \*\*This applies to KATA divisions only.

Only in the divisions where the previous year's National Champion comes from BC will our Team be allotted extra spots to take a 3<sup>rd</sup> or 4<sup>th</sup> person, depending on the case. Athletes must compete in the categories they will plan to compete in at the Nationals. Further, they must compete in the appropriate category at the Provincial Tournament. If the athlete is a minor, wishing to compete in a division above his/her age group, a consent form must be signed by parents (guardians) and instructors. Nationals will be held in Toronto, Ontario on March 19<sup>th</sup> -21<sup>st</sup>, 2010. More information will be available once specific details become available.



## **TRAVEL Funding**

The team manager will provide an expense reimbursement form at each training session. In the case of any hardships or financial difficulties the athlete must submit a written explanation detailing their situation to the High Performance Committee who will promptly assess hardship reimbursements for the athlete in question. BC Team athletes from out of town will be reimbursed for mandatory training sessions at the following rates. After the primary selection tournament the athletes will receive their athlete status (either A or B)

- "A" Team Team members\*\* \$250
- "B" Team Squad members \$100

(\*\* if "A" team athlete did not have to compete at the Selection Tournament and was automatically selected for TEAM for Nationals, funding will be considered at the "B" level)

Athletes may only apply for this travel funding once during the 2010 competitive season.

**Travel funding submissions must be given to the Team Manager no later than March 22, 2010.** Use the attached **travel funding form**. *Late submissions will not be accepted.* All travel funding forms must be filled out completely or they will not be considered. Should you have any questions regarding travel funding please contact the Team Manager before you book your travel options.



## **FINANCIAL RESPONSIBILITIES**

This season athletes will pay their fees in two lump sums as detailed below. Please note that paying on time in lump sums is less expensive than following the payment plan. **All payments must be on time.** The final payment must be on time or you will forfeit your position on the BC Team squad traveling to nationals automatically. The following is a fee summary and due dates for the 2010 competitive season:

### **LUMP SUM PAYMENT REQUIREMENTS**

#### **Payment #1 – to be paid on the weekend of January 23/24, 2010**

- \$50 Selection Tournament/BC Team Training, February 13 & 14, 2010
- \$75 Tracksuit for new BC Squad members

#### **Payment #2 – to be paid on the weekend of February 13/14, 2010 (\*\*airfare is an approximate cost and is subject to change)**

- \$500 Airfare (Vancouver athletes); 612.50 (Comox athletes); \$511.50 (Victoria Athletes); 505.40 (Kelowna athletes); 714.00 (Prince George athletes)
- \$70 Banquet Tickets
- \$20 Shuttle (ground transportation in Toronto)
- \$220 (Quad); \$300 (Triple); \$400 (Double); \$800 (Single) Hotel accommodations
- \$60 per kata or kumite event entered (per person)
- \$34 per team kata event entered (per person if entering for a team event)
- \$25 per team kumite event entered (per person if chosen for team event)

### **PAYMENT PLAN OPTION REQUIREMENTS**

If you require financial assistance or for payments to be made over a longer time period please speak with the Team Manager to work out an arrangement.

The fees are used for:

1. Travel to Nationals host city (air and/or ground travel)
2. National's registration fee
3. Banquet ticket at Nationals
4. Accommodation at Nationals
5. 2010 Season Training Facilities, coaches' expenses etc.



## EQUIPMENT REQUIRED FOR TRAINING CAMPS

All Athletes must ensure they have the following equipment for the first training session.

- Athlete Registration form if not completed at The Provincial Tournament or mailed into the Karate BC office
- 1 Digital photo in .jpeg format (to be sent to the Team Manager via email at [karatebcteam@yahoo.ca](mailto:karatebcteam@yahoo.ca))
- Athlete Agreement Contract signed by Athlete (and parent / guardian if junior) and Club Instructor, and Medical Report Form(s)
- All Athletes must ensure they have the following equipment for all training session.  
Karate uniform
- All athletes must bring personal red & blue belts
- Kumite athletes must bring red & blue gloves and belts, shin guards, mouth guard, groin protector (males), chest protector (females)
- WKF approved face mask and body protector (Cadet-14/15 category only)
- Training journal with printed copy of current KBC Team Handbook and WKF rules for Kata & Kumite
- Kata athletes must bring, hand and foot weights
- Workout clothing (shirt, shorts, track pants, running shoes, etc).
- Vinyl skipping rope
- Personal first-aid kit, including: hockey tape, band-aids, chemical ice packs, etc.
- Packed lunch: No athlete will be have time to leave site to purchase lunch.



## **KARATE BC TEAM MEMBER AGREEMENT 2010**

The High Performance Committee has the responsibility to establish rules for the Karate BC Team.

The rules are supervised by the BC Team Coaches and are intended to create the best conditions for the favorable performance of the team and to safeguard the reputation of Karate BC.

The BC Team Member Agreement applies to all events attended by BC Team Members and each athlete hereby agrees to the following:

1. To abide by and follow the directions, rules or requirements of the BC Team Coaches, subject to appeal to the High Performance Committee or to the Karate BC Ethics Committee;
2. To follow the policies, procedures, regulations and guidelines of Karate BC, including the Code of Conduct for Athletes (included in Appendix B);
3. Not to act contrary to the ethics and standards of Karate-do;
4. Not to possess any illegal substances or performance enhancing drugs and to be available to participate in any form of doping control testing. The list of illegal substances can be found at the Canadian Centre for Ethics in Sport [www.cces.ca](http://www.cces.ca).
5. To follow the training program or requirements set by the BC Team Coaches and to maintain the required physical conditioning;
6. To avoid intoxication during any BC Team event and to refrain from alcohol intake during the course of the event; This will also apply to any adult caught providing any alcohol or illegal substances to a minor.
7. To adhere to and follow all schedules set by the BC Team Coaches concerning team meetings, training sessions, team social events and travel plans; and to abide by the set curfews set out by the BC Team Coaching Staff.



8. To wear the designated BC Team uniform, tracksuit and/or crests as required at team functions. Behaviours contrary to the spirit of this agreement will be reviewed by the High Performance Committee on an individual basis. A "3 strikes you're out" rule will be applied to Squad and Team members.

Examples of a one strike behavior include by is not be limited to:

- Late to training session
- Unexcused training session
- Late submission of forms
- Late payment
- In-session behavioral issues

More severe infringements of the athlete agreement will be addressed on an individual basis and may result in the suspension of the athlete from team participation the following year. Behavioral issues occurring after the final competitive event on the final day of competition at the National Black Belt Championships will carry over to the next season.

**DISCIPLINARY ACTION:** Any team member who violates the terms of this agreement will be subject to disciplinary sanction by the KBC High Performance Committee/ Discipline Committee Team, which could include immediate suspension from the BC Team and suspension for the following year. In addition, if the Discipline Committee finds the offence to be warranted, a recommendation of a reimbursement to Karate BC of all costs Incurred by this athlete will be recommended to the Directors of Karate BC for final approval.

**ATHLETE COMMITMENT:** Athletes selected to the team are required to make a commitment to their sport for the year. This agreement is to ensure that the athletes of the BC Team are able to perform to the best of their ability at the Canadian National Black Belt Championships.

Commitment will be based on the following terms:

1. I will train every week based on a training plan designed in consultation with the BC Team coaches and my personal karate instructor.
2. I will be available to attend the 2010 Canadian Nationals from March 16-22.
3. I am prepared to work hard with my monitoring coach and work towards giving a



- personal best performance at the National Championship.
4. I am prepared to work towards a positive, enjoyable team spirit.
  5. I understand that if any problems arise (behavior, attitude, attendance, my commitment) during this time and these problems cannot be resolved, I will be released from the BC Team.
  6. I will help fundraise, volunteer at KBC sanctioned tournaments and participate in demonstrations to help the BC Team.

During the National Games:

1. I will attend ALL activities relating to competition and non-competition aspects of the games. (e.g. social events, ceremonies, meal times, etc.)
2. I will be responsible to the coaches and my teammates at all times.
3. I will continually strive to uphold the spirit of fair competition and sportsmanship towards all competitors and my own. Once you have read and understood (and reviewed with your parent/guardian as appropriate) all of the above-expected commitments, please sign the Athlete Agreement Contract included as Form B.



## APPENDICES

### A: KARATE BC CODE OF CONDUCT

This Code of Conduct is to govern the relationship between Instructors and Students; Officials and Competitors; and Coaches and Athletes. Coaches, Officials and Instructors play a critical role in the personal as well as Athletic development of Students, Competitors and Athletes. They must understand and respect the inherent power imbalance that exists in these relationships and Instructors, Officials and Coaches must be careful not to abuse it. Instructors, Officials and Coaches must also recognize that they are important conduits through which the values and goals of Karate BC are expressed and communicated. How a Student, Competitor or Athlete regards his/her sport is often dependent upon the behavior of the Instructor, Official or Coach. The following Code of Conduct has been developed to govern the behavior of Instructors, Officials and Coaches to allow them to assist Students, Competitors and Athletes in becoming well-rounded, self-confident and productive human beings.

#### **Instructors, Officials, and Coaches have a Responsibility to:**

1. Treat everyone fairly within the context of his or her activity, regardless of gender, place of origin, color, sexual orientation, religion, political belief or economic status;
2. Direct constructive comments/criticism at the performance rather than the individual;
3. Consistently display standards and project a favorable image of Karate-do and:
  - a. Refrain from unnecessary public criticism of other members or individuals;
  - b. Abstain from the use of tobacco products while in the presence of Students, Competitors and Athletes and discourage their use by other individuals;
  - c. Abstain from consumption of alcoholic beverages when working with Students, Competitors and Athletes;
  - d. Discourage the use of alcohol in conjunction with activities;
  - e. Refrain from the use of profane, insulting, harassing or otherwise offensive language.
4. Ensure that any activity being undertaken is suitable for the age, experience, ability and fitness level of the Students, Competitors and Athletes and educate individuals about their responsibility in contributing to a safe practice or performance environment;
5. Communicate and cooperate with competent medical practitioners in the diagnosis, treatment and management of medical and psychological problems of Students, Competitors and Athletes;



6. Consider their future health and well being as foremost when making decisions regarding an injured Student, Competitor or Athlete's ability to continue training or competing;
7. Recognize and accept when to refer Students, Competitors or Athletes to other Instructors, Officials or Coaches;
8. Regularly seek ways of increasing personal development, self-awareness and a greater understanding of Karate-do;
9. Treat all other members with due respect and encourage Students, Competitors and Athletes to act accordingly. Actively encourage them to uphold the principles, ethics and rules of Karate-do;
10. In the case of minors, communicate and cooperate with the parents or legal guardians of Students, Competitors and Athletes, and where necessary involve them in decisions pertaining to their child's development;
11. Be aware of academic pressures being placed upon Students, Competitors and Athletes and ensure that their activities permit them to pursue academic success.

**Instructors, Officials, Coaches and other members of the  
High Performance team must:**

1. Ensure the safety of Students, Competitors and Athletes;
2. At no time become inappropriate or intimately or sexually involved with Students, Competitors, or Athletes. In particular, this includes any request, directly or indirectly, for sexual favors or the threat of reprisal due to the rejection of such requests;
3. Respect the individual dignity of Students, Competitors, and Athletes; verbal or physical behavior which constitutes harassment or abuse of any kind is unacceptable;
4. Never advocate or condone the use of drugs or any other banned performance enhancing substance;
5. Never provide underage Students, Competitors, or Athletes with alcohol.



## **Definition of Harassment:**

Harassment can take many forms but is generally defined as inappropriate behavior including comments and/or conduct which is insulting, intimidating, humiliating, hurtful, malicious, degrading, or otherwise offensive to an individual, or group of individuals, or which creates an uncomfortable environment.

Harassment may include but is not limited to:

- written or verbal abuse or threats;
- sexually oriented comments;
- racial or ethnic slurs;
- unwelcome remarks, jokes, innuendoes, or taunting about a person's body, attire, age, marital status, ethnic or racial origin, religion, etc.
- displaying of sexually explicit, racist, or other offensive or derogatory material; sexual, racial, ethnic, or religious graffiti;
- practical jokes which cause awkwardness or embarrassment, endanger a person's safety, or negatively affect performance;
- unwelcome sexual remarks, invitations or requests whether indirect or explicit, or intimidation; leering (suggestive staring), or other obscene or offensive gestures; condescension, paternalism or patronizing behavior which undermines self-respect or adversely affects performance or working
- conditions; physical conduct such as inappropriate touching, kissing, patting, pinching, etc.
- vandalism;
- physical assault.

This Code of Conduct was modified for use by Karate BC, on the basis of the code developed by Promotion Plus Women in Coaching Committee in conjunction with the Ministry of Government Services and the Ministry Responsible for Sport and the Commonwealth Games Coaching Advisory Committee and the Coaches Association of BC.

**PLEASE ENSURE THIS IS DISTRIBUTED TO STUDENTS, COMPETITORS AND  
ATHLETES (AND THEIR PARENTS)**



## **B: CODE OF CONDUCT FOR ATHLETES**

As a Karate-ka and member of Karate BC, athletes are expected to adhere to the following code:

- To respect and abide by the Constitution, rules and regulations of Karate BC, and the ethics and standards of Karate-Do
- To demonstrate respect for, and show courtesy to fellow athletes, senior instructors, officials, volunteers and others involved with Karate BC and its activities
- To be responsible for the safety of fellow karate-ka as well as your own
- To accept and respect the role of officials in providing judgment to ensure that competitions are fairly conducted according to the established rules. The athlete should accept and follow both the letter and spirit of the rules that govern the sport
- To act with honesty and integrity, and never seek to take unfair advantage by manipulation of the rules
- To strive to be prepared to perform to the best of their abilities
- To avoid theft or vandalism of any property, hotel rooms, dormitories, training facilities, and equipment; the athletes shall be held responsible for any such damage
- To insure that they are medically fit to travel and participate in designated events. In the event of a change in medical status, prior to departure, inform the Team Coach.
- To demonstrate respect for all participants regardless of gender, color, race or creed.



## **B: ATHLETE AGREEMENT CONTRACT**

I have read the entire Team Handbook and reviewed it with my legal guardian (if applicable) and I hereby agree to follow and abide by the Karate BC Team Member Agreement.

Participant's Name:

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Competition Division(s):

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Address:

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City: \_\_\_\_\_ Postal Code: \_\_\_\_\_ Phone: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ BC Care Card #: \_\_\_\_\_

Email address (mandatory):

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Karate Club:

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Instructor's email:

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Signature of Club Instructor

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Date

---

Signature of Participant

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Date

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**PARENTAL/GUARDIAN CONSENT**

I/We understand that it is a Karate BC Requirement that junior athletes competing in the Provincial Championships must compete in the age and weight division they wish to qualify for at the National Championships. As of March 16-22, 2010.

\_\_\_\_\_ (name of athlete) will be \_\_\_\_\_ years of age and we hereby consent as the parent/guardian and the instructor of the above-named junior athlete that (s)he may compete in the age and weight division (s)he wishes to qualify for as of this National Championships and that I/we consent to the athlete participating with the BC Team Program and competing in Karate BC events on this basis. I/We have also read and are fully aware of the athlete's personal and financial commitments as a team member and athlete trying out for the team.

\_\_\_\_\_  
Signature of Parent/Guardian

\_\_\_\_\_  
Please print name of Parent/Guardian

\_\_\_\_\_

Date  
\_\_\_\_\_

Parent/Guardian's email:  
\_\_\_\_\_



## C: KARATE BC SQUAD AND TEAM TRAINING REVIEW

Athlete: \_\_\_\_\_

Instructor: \_\_\_\_\_

Parent: \_\_\_\_\_

Date: \_\_\_\_\_

### INSTRUCTIONS:

Please rate each item according to your level of satisfaction. Number 1 means not satisfied. Number 5 means very satisfied.

Organization of practice    1       2       3       4       5

Skill development         1       2       3       4       5

Team play development   1       2       3       4       5

Discipline                 1       2       3       4       5

Enjoyment                 1       2       3       4       5

Coaching                  1       2       3       4       5

List at least three things that you learned or participated in that will improve your skills as a competitor.

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What ideas or requests do you have to improve each training session?

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What did you find challenging or didn't find effective? Why?

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Any other comments:

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## D: BC TEAM Funding FORM

(Please make copies of this form as necessary)

Name: \_\_\_\_\_ Dojo: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

Event: \_\_\_\_\_ Date: \_\_\_\_\_

Zone: \_\_\_\_\_

Placing at Selection Tournament (please mark one):

“A” athlete\* (first in your division) \_\_\_\_\_ Event (circle option(s)): KATA KUMITE

“B” athlete (second (also 3<sup>rd</sup> for kata) \_\_\_\_\_ Event (circle option(s)): KATA KUMITE

\*\* “A” athletes who have received a bye for nationals during the selection tournament will be considered for funding at the “B” level.

Rationale for request for funding. Please provide specific details.

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Coach / Office Use:

Approved Amount: \_\_\_\_\_

Approved by: \_\_\_\_\_

Cheque #: \_\_\_\_\_

Cheque Date: \_\_\_\_\_

Date:

Account:

Code:

Submit to:

\_\_\_\_ High Performance Chair



## INFORMATION FOR KARATE COMPETITORS

### Instructions

All Karate Competitors must submit the following documents in order to be eligible to compete in a Karate Canada karate competition:

1. Waiver and Release Agreement
2. A Medical Report comprised of a Medical History (Part A) completed by the competitor and a Medical Examination (Part B) to be completed by a licensed physician. If all the answers related to the Medical History are "No", then the Medical Examination (Part B) is not required. Note: Medical Examination reports are not required for those competitors competing in Kata only.
3. All Medical Reports must be submitted at the time of registration to the tournament director for review by the tournament doctor. The tournament doctor will have the sole discretion to determine if a competitor is or is not medically fit to compete in Kumite.

All competitors should be aware of the following:

1. Competitors will not wear bandages, padding or supports during Kumite matches unless approved by the referee in consultation with the tournament doctor.
2. A Competitor injured during a match and declared unfit to fight by the tournament doctor will not be eligible to further compete in the competition.
3. All finger and toe nails must be kept short.
4. Competitors will not wear metallic or other objects which may injure an opponent.
5. Competitors are advised to see their regular physician following a competition for follow-up examination of any injuries suffered during the competition. Note: The full extent of some injuries may not manifest themselves until sometime following the injury, e.g. abdominal or head injuries.

### Acknowledgement

**I UNDERSTAND AND AGREE** that my signing of this document constitutes that:

1. I am registering willingly and participating voluntarily in the Karate Canada Karate Competition.
2. I am physically, emotionally and mentally able to participate in the Karate Canada Karate Competition.
3. I have expressly disclosed all illnesses, injuries, ailments, symptoms and/or medical conditions of any kinds whatsoever suffered or sustained as requested in the Medical Report.
4. I agree to consult my regular doctor should such an examination be requested by the Tournament Medical Doctor.
5. I agree that there are risks as described in the Waiver and Release Agreement and will be exposed to these risks and hazards.
6. I agree to accept all these risks and hazards and be responsible for any injury or other loss which I might receive while participating in the Karate Canada Karate Competition.
7. By participating in Karate Canada's activities, I hereby consent to having any picture or video image taken of me during any activity in any edited material used for Karate Canada's promotional activities, Web site and souvenir videos. I also accept that Karate Canada use any photomontage and videotape in which I appear for television purposes.
8. I have read the Waiver and Release Agreement and understand its terms and conditions.

I have read and understood the terms and conditions of this agreement, and by signing it voluntarily, I am agreeing to abide by these terms.

DATED this \_\_\_\_\_ day of \_\_\_\_\_, 2010.

### TOURNAMENT COMPETITOR

\_\_\_\_\_  
Printed Name of Competitor

\_\_\_\_\_  
Signature of Competitor

\_\_\_\_\_  
Printed Name Parent/Guardian if under 18

\_\_\_\_\_  
Signature of Parent/Guardian

### BLACK BELT INSTRUCTOR

\_\_\_\_\_  
Printed Name of Black Belt Instructor

\_\_\_\_\_  
Signature of Black Belt Instructor



## RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT

### WARNING!

**By signing this document you will waive certain legal rights, including the right to sue. Please read carefully.**

This is a binding legal agreement. As a Participant in the programs, activities and events of Karate Canada, the undersigned acknowledges and agrees to the following terms:

#### Disclaimer

1. Karate Canada, its respective directors, officers, members, employees, coaches, volunteers, officials, participants, agents, owner's/operator's of facilities, and representatives (collectively the "Organization") are not responsible for any injury, damage or loss of any kind suffered by a Participant during the sport of karate, or as a result of, any competition, program, activity or event, caused in any manner whatsoever including, but not limited to, the negligence of the Organization.

#### Description of Risks

2. In consideration of my participation in the programs, activities and events of the Organization, I hereby acknowledge that I am aware of the risks and hazards associated with or related to any such competitions, programs, activities and events. The risks and hazards include, but are not limited to, injuries from:

- a) Physical contact with other participants;
- b) Striking participants and objects with parts of the body;
- c) Contact, colliding or being struck by other participants;
- d) Tumbling falling or being thrown to the floor;
- e) Executing strenuous and demanding physical techniques;
- f) Vigorous physical exertion, strenuous cardiovascular workouts, rapid movements and quick turns and stops;
- g) Exerting and stretching various muscle groups;
- h) Falls due to uneven or irregular surfaces;
- i) Failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment;
- j) Spinal cord injuries which may render me permanently paralyzed;
- k) Travel to and from competitive events and associated non-competitive events which are an integral part of the Organization's activities.

3. Furthermore, I am aware:

- a) That injuries sustained can be severe;
- b) That I may experience anxiety while challenging myself during the competitions, activities, events and programs;
- c) That my risk of injury is reduced if I follow all rules established for participation; and
- d) That my risk of injury increases as I become fatigued.

#### Release of Liability

4. In consideration of the Organization allowing me to participate, I agree:

- a) That my physical condition has been verified by a medical doctor;
- b) To assume all risks arising out of, associated with or related to my participation;
- c) To be solely responsible for any injury, loss or damage that I might sustain while participating; and
- d) To release the Organization from liability for any and all claims, demands, actions and costs that might arise out of my participating, even though such risks, injuries, loss, damage, claims, demands, actions or costs may have been caused by the negligence of the Organization.

#### Acknowledgement

I acknowledge that I have read this agreement, that I have executed this agreement voluntarily, and that this agreement is to be binding upon myself, my heirs, executors, administrators and representatives.

\_\_\_\_\_  
Name of Participant (Please Print)

\_\_\_\_\_  
Signature of Participant

\_\_\_\_\_  
Date

\_\_\_\_\_  
Printed Name Parent/Guardian if under 18

\_\_\_\_\_  
Signature of Parent/Guardian



## MEDICAL EXAMINATION REPORT PART A - to be completed by all Kumite competitors

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Male/Female

Address: \_\_\_\_\_

Club Affiliation \_\_\_\_\_ Rank: \_\_\_\_\_

\*NAME OF MEDICAL INSURANCE PLAN AND NUMBER (\*please complete)

\_\_\_\_\_

- |   |          |
|---|----------|
| 1. Have you any disease of the eyes?                                | Yes / No |
| 2. Do you have a hearing loss?                                      | Yes / No |
| 3. Do you have fainting spells, blackouts or epilepsy?              | Yes / No |
| 4. Have you had a recent head injury?                               | Yes / No |
| 5. Do you have any active lung infection including TB?              | Yes / No |
| 6. Do you have bronchial asthma?                                    | Yes / No |
| 7. Do you have an active kidney disease, infection or failure?      | Yes / No |
| 8. Do you have any loss of all or part of a limb?                   | Yes / No |
| 9. Do you have decreased movement in any limb, joint or spine?      | Yes / No |
| 10. Do you have any muscle or joint disease?                        | Yes / No |
| 11. Do you have diabetes?   | Yes / No |
| 12. Do you have any heart disease or high blood pressure?           | Yes / No |
| 13. Are you taking any medication?                                  | Yes / No |
| 14. Have you had any recent operations, fractures or major illness? | Yes / No |
| 15. Do you have any disease or disability not mentioned above?      | Yes / No |

If answer was "Yes" to any of above questions, give details:

I hereby declare that I have read the above information and that, to the best of my knowledge, it is complete and correct.

Date: \_\_\_\_\_

Competitor's Signature (if under 18 - parent or guardian) \_\_\_\_\_



## MEDICAL EXAMINATION REPORT PART B - to be completed by examining physician

Name: \_\_\_\_\_

Weight: \_\_\_\_\_ Did you weigh?.....Yes / No

Height: \_\_\_\_\_ Did you measure.....Yes / No

|   | Normal   | Abnormal | Details of Positive Findings |
|---|--|----------|------------------------------|
| 1. Eyes (lids, conjunctiva, cornea, pupils, fundi)  |  |          |                              |
| 2. Ears (auditory canals, tympanic membranes, patency of eustachian tubes)                              |  |          |                              |
| 3. Nose, throat (airway, speech impediment, tonsils, etc.)  |  |          |                              |
| 4. Respiratory system (Thorax, lung fields)   |  |          |                              |
| 5. Cardiovascular system (Heart size, rhythm, sounds, murmurs: peripheral circulation and varicosities) |  |          |                              |
| 6. Gastro-intestinal system (abdominal scars enlarged organs or hernia, haemorrhoids)                   |  |          |                              |
| 7. Genito-urinary system (Varicocele, hydrocele, particularly with hernia)                              |  |          |                              |
| 8. Locomotor system (amputations, deformities, restriction of movement of limbs or spine)               |  |          |                              |
| 9. Nervous system (tendon reflexes, tremors, gait)  |  |          |                              |
| 10. Lymphatic system and thyroid  |  |          |                              |
| 11. Skin (including evidence of allergy)  |  |          |                              |
| 12. Blood pressure readings   | 1st _____ Additional _____<br>s. _____<br>d. _____ |          |                              |
| 13. Pulse: _____  |  |          |                              |

### VISUAL EXAMINATION

|           | A) Distant Vision |                | B) Near Vision |                |
|-----------|-------------------|----------------|----------------|----------------|
| Right Eye | /                 | corrected to / | /              | corrected to / |
| Left Eye  | /                 | corrected to / | /              | corrected to / |
| Both Eyes | /                 | corrected to / | /              | corrected to / |

Examining physician's opinion:

The Karate student named above is medically \_\_\_fit\_\_\_ unfit to participate in competitive free sparring.

Examining physician's name and address (use rubber stamp if available)

\_\_\_\_\_  
Physician's Signature

\_\_\_\_\_  
Date