



# NBGC CO-REC KARATE

2501 W Irving Park Road

[www.nbgc.org](http://www.nbgc.org)

(773)-463-4161

## REGISTRATION

**When:** Registration open through **September 1st**

**How:** Form must be dropped off or emailed.

**Who:** Boys & Girls age 8-18.

Visit: [nbgc.org/athletics](http://nbgc.org/athletics) to print form and drop at clubhouse.

**Cost:** **Free** (uniform will be purchased separately).

Email: to [athletics@nbgc.org](mailto:athletics@nbgc.org) AND [finance@nbgc.org](mailto:finance@nbgc.org)

## CLASSES

**Start Date: September 7th, 2021**

**Tuesdays & Thursdays**

**6PM - 7PM**

## CLASS INFORMATION

- Participants will learn traditional GoJu-Ryu Karate-Do.
- Classes will be taught by Sensei Bob Muralles, 4th Dan Black Belt, Midwest Circuit Champion, M.A.K.A. Champion, Power Nationals Champion, London, Can-Am Police and Fire Games champion.
- Kata will be focused in the Karate Program. Kata helps refine techniques and improve body mechanics associated with the execution of techniques.
- All class curriculum will be from instructor's Hombu Dojo "Jun Ko Kan" Phoenix, Arizona.

## COVID-19 PROCEDURES AND PRECAUTIONS

- Participants will be asked to wear masks inside the building.
- Weekly wellness checks will be conducted via an online form.
- Only registered participants allowed inside building.
- All equipment, high touch surfaces, and facilities will be cleaned according to IDPH guidelines.
- Additional FAQs on 2nd page.



## **Frequently Asked Questions**

**What should my child bring to the classes?** Students should come to classes with a labeled water bottle. A limited number of uniforms will be available for purchase from the instructor at the first class. Additionally, affordable uniform purchase information will be given at the first class. If your child already has a Gi, they can wear that.

**What can I expect from an NBGC karate class?** Each class will be one hour long. Classes will be taught by Sensei Bob Muralles, 4th Dan Black Belt. Midwest Circuit Champion, Pro-Am Champion, M.A.K.A. Champion, and Power Nationals Champion, London.

**Can I stick around and watch my child?** NBGC's spectator policy will adhere to the IDPH sports guidelines. Indoor spectators will not be permitted.

**How do I register for a program?** Registration form and information flyer can be located on the NBGC website at [nbgc.org/athletic-programs](http://nbgc.org/athletic-programs). Forms should be completed in their entirety and emailed to [athletics@nbgc.org](mailto:athletics@nbgc.org) **AND** [finance@nbgc.org](mailto:finance@nbgc.org) or dropped off at the clubhouse.

**How will program changes be communicated?** Any changes in programming will be communicated to the email addresses listed on the registration form.

**What happens if I am late/early to drop-off/pick-up?** Classes end at 7:00PM, please pick up your child promptly.

**What governmental guidelines will NBGC be following?** The NBGC will be following guidelines and recommendations of the IDPH, Chicago Park District, CDC, City of Chicago, and State of Illinois Restore Plan. Our safety protocols will include wellness screenings, temperature checks, social distancing, and disinfecting of all equipment, high touch surfaces, and common areas.

**What is the procedure for reporting COVID-19 symptoms or exposure for a member of my household?** If within 14 days of participating, your child becomes ill with COVID-19 symptoms, has tested positive for COVID-19, or was exposed to a confirmed case of COVID-19, you must notify NBGC immediately by emailing [athletics@nbgc.org](mailto:athletics@nbgc.org).

**What is the procedure if a someone at the organization has COVID-19 symptoms or has been exposed?** If someone at the organization develops COVID-19 symptoms, they will be immediately isolated and sent home. Any individuals with close contact will be notified, isolated, and sent home. Depending on the circumstances, others may also be notified as a precaution. All notifications will respect the individual's privacy and maintain confidentiality. Individuals will have to present a negative test result upon return.

**What is the procedure if someone at the organization or member has tested positive for COVID-19?** If someone at the organization has tested positive for COVID-19, they will notify NBGC immediately and remain isolated at home for a minimum of 10 days after symptom onset. They can return after being feverless (without fever reducing medication) and symptomless for at least 72 hours OR has two negative tests in a row, with at least 24 hours apart.

**When will face masks be required?** Face masks will be required at all times. During breaks, participants will be socially distanced and may remove their mask for brief stretches to drink water. Youth are encouraged to bring an extra mask should they need to change into a clean one.