

ichiban

Check list for training with Ichiban at MCS

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Assess how you are feeling before you train with Ichiban. Sniffles, sneezing, sore throat, cough, temperature above 100, cancel class. If you display any symptoms of not feeling well, we will send you home.



Sensei Kaela will be taking temperatures with an infrared thermometer at student check in. Students need to have all school items in their back pack, and come in warm layers for training outside. At this time we can not tie shoes or belts.



Students will have designated markers to stand behind for outside class. Please remember to stay in your spot, keep your mask on and respect everyones space. We will not be making any contact for outside karate.



Enjoy your class, we are so excited to have you back!



When class is over we will dismiss students one at a time to parents for pick up. Pick up will take place outside at the playground.

Any student in aftercare will be walked to Mrs. Whaley after class. Please be prompt in pick up.

www.ichibankarateandfitness.com