



# Shintani Memorial Tournament

## Trip Information

### Important Information

Head chaperones will be Sensei Kevin, and Sempai Rolland. Participants between 15 and 19 years of age will report directly to them. Participants 14 years of age and under will be under the supervision of their parent/guardian. The accompanying adults will take direction from Sensei Kevin and Sempai Rolland.

#### Contact Numbers

**Kevin Dyck Cellular** – 306.577.8783

**Rolland Bouchard** – 306.577.8418

**Hotel – Travelodge Simcoe** – 519.426.4751

#### Attire

During the trip, participants are reminded to dress appropriately at all times. Please avoid clothing with suggestive or offensive sayings or images. Please remember to have proper clothing and footwear for travel and activities. Participants are also reminded to bring swimwear for the hotel pool.

**DO NOT FORGET YOUR KARATE UNIFORM AND BELT!!** And your mouth guard, pads, and cup.

#### Money

**Participants will need to bring money for all meals. We will need to pay for 3 or 4 lunches and 4 suppers. There is a continental breakfast provided at the hotel. The tournament will have a canteen for food.**

We suggest approximately **\$30.00/day** to cover the meals. Please discuss possible food choices and daily spending limits. Unless listed on the itinerary, we will stop for meals at either a local restaurant or will eat in a mall where there will be a variety of choices. There will be no “Banking” of money with the chaperones. You may wish to bring additional money for snacks and shopping. Debit cards are always a good idea.

**Parents/guardians will need to determine their preferred method of payment ie. Cash/debit card/traveller’s cheques etc. with their children.**

#### Transportation

We will be using rented vehicles while in Ontario.

***KEEP THE VEHICLE CLEAN!***

#### Luggage

Keep your wardrobe to essentials. Have casual, not sloppy clothes. All devices must have headphones when used in the vans. They are *YOUR* responsibility, not the chaperones’. Remember to bring swimwear. You may wish to bring a backpack or a smaller bag to carry karate equipment/casual clothes for the day. REMEMBER – bring suitable clothing for wet weather conditions at Niagara Falls. Bring comfy shoes! We’re doing lots of walking.

#### Gi and Equipment

Make sure your equipment and gi is clean and well labelled. Bags and backpacks should also be **well labeled with your name and town**. Make sure you have everything you need for the tournament – at least 1 gi, hand pads, shin/foot guards, mouth guard, and protective cup. We suggest that everyone write down the brand and size of their equipment prior to the trip.

## Rules

1. NO alcohol or drugs.
2. NO smoking.
3. No one is permitted to leave the group to visit friends or relatives (unless previously arranged with the Sensei).
4. Any person(s) that joins with the group to visit must also follow club rules. These visits must be approved prior to departure.
5. While in public places i.e. Niagara Falls, participants must travel in groups.
6. Participants shall follow the guidelines of conduct and curfew set by the Senseis. Failure to comply with any of the rules will result in disciplinary action. Should a situation occur, the parents/guardians shall be notified immediately.

## Cellular Phones

We will use text messaging as a means of communicating with the participants. If possible, we encourage all participants to bring a cellular telephone with texting capability with them on the trip. **Remember to bring your chargers/battery cases.** Please check your text/data plans from your cellular provider.

## Consent/Waiver Forms

Each member participating will be asked to complete a consent/Waiver form. This form is primarily used for any medical situation that may arise while on the trip. ALL the information requested is kept confidential and will be destroyed (shredded) after we return from the trip.

Participants are encouraged to bring their Saskatchewan Health card with them. Incidents have occurred where treatment has been delayed because the person was unable to produce their actual health card. At the very least, please provide a photocopy of the card to Sensei Kevin to avoid potential delays should emergency care be required.

We recommend that everyone please check on your own travel/health insurance as soon as possible.

Should you have any questions regarding trip events, please feel free to call Sensei Kevin.