

Registration Instructions and How to Prepare for your First Class in Aikido at Two Rivers Aikikai. Welcome to the dojo!

---> **Tear this sheet off your registration packet and keep it for your reference.**

If you are filling out your registration form at home, please bring it to the dojo at least a few days before your first scheduled class to make payment and get your uniform (gi). You will need to wash it so it shrinks a bit and softens up before you wear it for the first time.

Washing your new gi. Turn your jacket top inside out to wash it. Wash your gi in warm or hot water the first time. Dry it with a fabric softener sheet on a regular or high setting. From now on, you can use cold water and hang dry it if you want.

Attaching your patch to your gi. The patch can be ironed on or sewed on. It goes on the left sleeve up by the shoulder. We encourage you to attach the patch but it isn't required.

For your first class, please come to the dojo at least **15 minutes early** so you can change into your gi and be ready to start on time. We have a lot to teach you and 45 minutes goes by quickly. We also would like to have time to help you feel comfortable and relaxed.

When you enter the dojo for your first class, remember to remove your shoes and leave them by the **zori** bin. **Zori are flip flops or inside shoes to wear inside the dojo.** We sell them at the dojo for \$10 or you can bring your own. We also have some you can borrow. Since we practice in bare feet on the mat, we wear zori when we walk to and from the changing rooms so that we don't bring dirt onto the mat with our feet. Zori are left at the dojo and not worn outside. **Your feet must be clean before you step onto the mat.** Please trim your fingernails and toenails to avoid scratching your partners unintentionally.

The dojo supports your right to choose which changing room you want to use. When you get dressed for class, you can wear a t-shirt under your jacket since it may come open during class. Women can wear a sports bra or a combination sports bra tank top. Japanese tradition says that the left side of your gi jacket will be outside the right side. For your first class, we will help you learn how to tie your belt (obi).

Jewelry: You will need to remove any jewelry that can be removed to avoid injury to you and your partners. Speaking of injuries, you should let instructors know **if you have any injuries or sore spots that need to be protected.**

Sore Muscles: Because Aikido uses muscles that we don't often use outside the dojo, you may have some soreness after your first few classes. As your body acclimates to practice, the soreness goes away and you will feel stronger. We also teach you how to warm up and stretch in every class.

Japanese Terms: During class, instructors use Japanese terms for moves, techniques, counting and how to say thank you. You are not expected to memorize these terms, but they will become familiar to you in the coming months. You will also learn how and when to bow to instructors and partners to show respect, a very important part of our practice.

Avenues of Communication: You will receive a "Welcome to the Dojo" email from skoyanis@spiretech.com soon after your first class to let you know how to ask questions, voice concerns or let us know if you will miss a class.

Two Rivers Aikikai, a 501(c)(3) federal non-profit organization, admits students of any race, color, gender, and sexual orientation to all the rights, privileges, programs and activities that are available to all members.



Membership Dues for 2021

Equity is Ki

Practicing Non Violence is a Way of Life

Please speak to any TRA Board member for Scholarship info

AIKIDO

New Adults & Teens:

New Student 1 month Beginner: \$135 (incls. reg. fee, gi & 1 mo dues)
Sign up w/a friend 1 mo Beginner: \$125 (incls. reg. fee, gi & 1 mo dues)
New Student 3 month Beginner: \$300 (incls. reg. fee, gi & 3 mo dues)
Sign up w/a friend 3 mo Beginner: \$270 (incls. reg. fee, gi & 3 mo dues)
New Student Transfer from another dojo: Membership dues & \$50 Reg. Fee.

Membership Dues for Adults:

Individual: \$90 per month \$255 for 3 months \$480 for 6 months

Membership Dues for Teens:

Individual: \$70 per month \$195 for 3 months \$360 for 6 months

Full Time College Students with id: \$75 per month \$210 for 3 months

Inactive Membership for Teens & Adults: Membership Dues are \$25/mo.

Mat Fee for Teens & Adults: \$25/mo. membership dues plus \$10 per class

Mat Fee for Visitors from other dojos: 1st class free after that \$15 per class

Children Ages 6&7: New Students \$110 (incl: Reg Fee, dues & gi)

Monthly Dues: Saturdays only: \$40 Two siblings: \$70 Three sibs: \$90

For 3 months: \$105 (\$35/mo) Two sibs: \$200 Three sibs: \$255

Children Ages 8-11: New Students \$130 (incl:Reg Fee, Dues & Gi)

Monthly Dues: Thurs & Sat: \$60 Two siblings: \$110 Three sibs: \$150

For 3 months: \$165 (\$55/mo) Two siblings: \$300 Three sibs: \$405

Partner/Family Monthly Rates:

2 family members: Individ. dues less \$5 each (ie: 1 adult + 1 teen: \$90 + \$70 - \$10 = \$150/mo)

3 family members: Individ. dues less \$10 each (ie: 1 adult + 2 teens: \$90+\$140-\$30 = \$200/mo)

4 family members: Individ. dues less \$15 each (ie:2adults+2teens = \$180+\$140-60 = \$260/mo)

Gi Prices: Sizes 00 - 2: \$50 Sizes 3 - 6: \$60 **Bokken:** \$60 **Jo:** \$65

IAIDO

Ages 16 and up

New Student Registration Fee: \$25

Membership Dues for Iaido only:

Dues for Aikido and Iaido:

Adults: \$60 per month

Adults: \$110 per month

Adults: \$165 for 3 months

Adults: \$300 for 3 months

New Hakama and Iaito: \$550 and up

Kiyoi-kaze Iaido Fed. dues: \$20 per yr.

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TWO RIVERS AIKIKAI

www.2rivers.org

New Student Enrollment Form

**STUDENT
NAME:**

_____ (LAST) _____ (FIRST) _____ (M.I.) _____ (preferred pronouns – optional)

ADDRESS:

CITY:

_____ **STATE:** _____ **ZIP:** _____

TELEPHONE:

_____ (HOME) _____ (CELL)

E-MAIL:

_____ **CURRENT AGE:** _____

Can we share your email address with current members of the dojo? Yes ___ No ___

PREVIOUS MARTIAL ARTS TRAINING:

YEARS PRACTICED AND RANK:

INSTRUCTOR'S NAME(S):

EMERGENCY NOTIFICATION: NAME:

TELEPHONE:

_____ **RELATIONSHIP:** _____

Do you have any physical limitations we should know about? _____

HOW DID YOU LEARN OF TWO RIVERS AIKIKAI?

4 Week Beginner Session in Aikido for adults & teens: \$135.00 (incl. Dues, Reg. Fee & Gi)

New Children ages 6 to 11: \$120.00 (incl. Dues, Reg. Fee & Gi)

DUES: Membership Dues are payable on the first day of each month. (see attached cover sheet)

Monthly Aikido dues: Adults: \$90 or \$255 for 3 months

Teens and full time college students: \$70 or \$195 for 3 months

Children ages 6 - 11: \$50 (\$90 for 2 siblings) \$135 in advance for 3 months (\$240 for 2 siblings)

STUDENT

SIGNATURE: _____ **DATE:** _____ **AMT PD. \$** _____

[membership # _____ processed by: _____ date: _____]

FOR STUDENTS UNDER 18:

Name of Parent or Guardian:

Signature of Parent or Guardian:

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Liability Release Form -Two Rivers Aikikai

Name _____ Phone _____ Date _____ Age _____
Address _____ City _____ State _____ Zip _____

RELEASE. CONSENT AND ASSUMPTION OF RISK STATEMENT

In the following text, "you" means you the practitioner or your child for parents or guardians.

- 1) You acknowledge that Two Rivers Aikikai carries no insurance against liability for injury, damage or loss of any kind suffered by any of its directors, instructors, students, seminar participants, visitors or guests. _____ initials
- 2) You acknowledge that you are applying for instruction in a martial art involving strenuous exercise and personal body contact. You have been advised not to attempt any skill level in training or any other activity of which you are not fully capable. If you have any question about your ability to safely engage in Aikido and/or Iaido training, you acknowledge that it is your responsibility to consult a physician. You realize the study of Aikido and Iaido requires proper conditioning and training. _____ initials
- 3) You agree to use the facilities only in the manner and for the purpose for which the facilities are designed and shall be responsible for damage caused by you to the facilities or other members. You understand that you may elect not to participate in any technique or exercise demonstrated during any class. You understand Two Rivers Aikikai is not responsible for any injury that a member may incur due to the actions of another member in any class, practice, or demonstration. You understand Two Rivers Aikikai is not responsible for any loss or damage, including theft, to property of its members or their guests. _____ initials
- 4) You fully acknowledge that there are risks and dangers associated with Aikido and Iaido training including but not limited to bodily injury, communicable diseases, partial or total disability, paralysis and death. In accordance with the law, Two Rivers Aikikai does not exclude individuals with medical conditions that pose a medically recognized threat to the health or safety of other students in the normal course of training. You agree that there are some unavoidable circumstances where these conditions may require special caution on your part to minimize danger to yourself or others, and you acknowledge that it is your responsibility to act accordingly. _____ initials
- 5) You release Two Rivers Aikikai, its agents, employees, instructors, guest instructors, other participants and all individuals associated with Two Rivers Aikikai, the owners or lessees of the premises including its officers, directors, agents and employees (hereinafter referred to as 'the released parties') from any and all liability, claims, demands or actions whatsoever arising out of the damage, loss or injury to you while upon the Premises of Two Rivers Aikikai or while participating in Aikido training or any other activities contemplated by this agreement. _____ initials
- 6) In signing this agreement you state that you are over 18 years of age, that you know what you are doing, that you take responsibility for your own actions, that you have read carefully and understand this agreement and that you fully agree with each statement contained in this agreement, and that you are responsible for yourself. You are aware that you may have the agreement reviewed by legal counsel. _____ initials

Participant's Name (printed)

Participant's Signature

Date

Parent or Guardian (printed/relationship)

Parent or Guardian's Signature

Date

Two Rivers Aikikai, a 501(c)(3) federal non-profit organization, admits students of any race, color, gender, and sexual orientation to all the rights, privileges, programs and activities that are available to all members.

Two Rivers Aikikai Blood and Body Fluid Borne Pathogen Policy

Our policy is designed to minimize the risk that infectious agents in blood and body fluids are transmitted during training in Aikido and Iaido at our dojo. Our policy is based on universal precautions recommended by the US Centers for Disease Control and Prevention to reduce exposure to blood and body fluids. The risk of acquiring serious infections during training is small. Nonetheless, members, guests and visitors training at Two Rivers Aikikai will follow the universal precautions listed below.

Precautions to be observed at all times:

In the following text, “you” means you the practitioner or your child for parents or guardians.

You will inspect the exposed parts of your body to ensure that there are no breaks in your skin such as abrasions, open cuts or sores. If you have any open cuts or sores, you will clean them with a suitable antiseptic and cover them securely with a leak-proof dressing before coming on the training mat.

In order to prevent cuts to yourself and your training partners, you will trim, smooth and clean your fingernails and toenails before training. You will remove all jewelry including earrings, necklaces, rings and piercings before training.

You will inspect your gi, obi and hakama. You will not wear any part of your uniform that is stained with blood or body fluids.

If, during training, you develop an open cut or bleed onto your gi, you will cease training, immediately ask your partner to notify the instructor and exit the mat to care for your wound. You will clean the cut(s) with a suitable antiseptic and cover them securely with a leak-proof dressing before coming back onto the mat. You will clean blood on your gi with the hydrogen peroxide solution available in the first aid area.

If you notice that someone else has an open cut, sore or abrasion, you will immediately advise them and the instructor of the fact and cease training with the individual until the appropriate covering is in place.

If blood becomes present on the mat during training, the partner of the person bleeding will ensure that other students training do not come into contact with the blood. The blood, regardless of amount, will be cleaned up immediately with supplies available in the first aid area. First, spray the blood spot with the hydrogen peroxide solution and let it foam. Second, blot off the foamed blood with the designated sponge or cloth.

Upon completion of the cleanup, all assisting persons shall thoroughly wash their hands with soap and water or liberally use hand sanitizer. Persons assisting in this task may wear disposable gloves, available at the dojo first aid area, and shall dispose of the gloves and cloth used for cleanup. If you have cuts, abrasions or sores on your hands, do not assist with cleaning another person’s blood from the mat.

If you come into contact with the blood of another person, make an immediate attempt to locate and alert the individual who is the source of the bleeding, then leave the mat and wash the exposed area thoroughly with soap and water. You will clean blood on your gi with the hydrogen peroxide solution.

During children’s class, students will alert the instructor immediately if they bleed or see blood.

By signing below, you attest that you have read, understood, and will comply with each and every part of this policy.

Participant's Name (printed)	Participant's Signature	Date
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Parent or Guardian (printed/relationship)	Parent or Guardian's Signature	Date
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Two Rivers Aikikai, a 501(c)(3) federal non-profit organization, admits students of any race, color, gender, and sexual orientation to all the rights, privileges, programs and activities that are available to all members.

Two Rivers Aikikai SARS-COV2 Respiratory Pathogen Policy

Our policy is designed to minimize the risk that the infectious agent SARS-CoV-2 virus (aka COVID-19 virus) is transmitted during training in Aikido, Iaido and Karate at our dojo. Our policy is based on universal precautions recommended by the US Centers for Disease Control and Prevention to reduce exposure to spread of droplets and to reduce the transmission of this virus. The risk of acquiring serious infections during training is small. Nonetheless, members, guests and visitors training at Two Rivers Aikikai will follow the universal precautions listed below.

Precautions to be observed at all times:

In the following text, “you” means you the practitioner or your child for parents or guardians.

You will refrain from coming to class or the dojo if you have one of the following symptoms: fever (temperature >100.5 F), cough, shortness of breath, sore throat, runny nose, headache, body aches, loss of sense of smell, loss of sense of taste, diarrhea, or vomiting.

If you have these symptoms, please contact your health care provider for the COVID-19 test.

In order to prevent the spread of illness, you will wash your hand for at least 20 seconds with soap and water before training.

You will wear a clean mask that covers your nose and mouth to prevent the spread of droplets during the entire time you are in the dojo.

If you notice that someone else’s mask is not fully covering their nose and mouth, you will inform that person and resume training when the appropriate masking is in place.

If, during training, you need to wipe sweat from your face or need to touch your face for any reason, you will sanitize your hands with the alcohol-based sanitizer or step off the mat to wash your hands with soap and water for at least 20 seconds.

Upon completion of cleanup, at the end of class, you will sanitize all brooms, dusters or vacuums that you have handled and then wash your hands with soap and water for at least 20 seconds or liberally use hand sanitizer.

If you test positive for the SARS-CoV-2 virus, you will notify the instructor if you have been to the dojo for the 14 days prior to the onset of your symptoms. In the event you are asymptomatic, you will notify the instructor if you have been to the dojo for the 14 days prior to your positive test. This is to aid in contact tracing.

If you test positive for the SARS-CoV-2 virus, you will refrain from entering the dojo for at least 10 days from the onset of your symptoms or for 24 hours after the resolution of your symptoms, whichever is the latter.

You will abide by all dojo space occupancy and physical distancing rules during this pandemic.

By signing below, you attest that you have read, understood, and will comply with each and every part of this policy.

Participant's Name (printed)

Participant's Signature

Date

Parent or Guardian (printed/relationship)

Parent or Guardian's Signature

Date

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