



Milton Keynes
Keihatsu Aikido Club
www.mkkac.com

CLUB INFORMATION – as at 1st April 2010

Training Times

Day	First session	Second session
Monday	20:00 – 21:30	None
Wednesday	18:45 – 20:15	None
Friday	Juniors (kids) 19:00 – 20:00	Seniors (adults) 20:00 – 21:30

Club Fees

Mat fees per session are £4.00 for Seniors
£3.50 for Juniors (6-14 years old)

Insurance and Annual Club Membership Fee

Both are payable at the same time, either shortly after your first session, or minimum 1 week before renewal-date of your current BAB insurance. Annual membership is currently £19, while annual insurance is £6. Juniors, Students and the Unwaged have a lower annual membership cost of £14. *Please CHECK when your insurance is due to expire – if it is not kept up to date, you will not be covered in the event of an accident.*

Association Membership Fee

This is payable every September, to retain your membership of the Yama Arashi association, to which MKKAC is affiliated. The cost is £15 per annum.

First Aid

A First Aid Kit is kept on-site. All instructors and at least 2 members are qualified in first aid. Full details of any accident **must** be entered in the book.

Membership Books

We strongly recommend that you purchase a Yama Arashi (UK) Association Membership Book, in which you can stick your annual BAB insurance slip, and record any courses, which you may attend, and any gradings, which you pass. These books are priced at £2.

Association Badges

Yama Arashi Association cloth badges are available at £2.

Hygiene/Safety

Please wear slippers/shoes when walking between the Changing-Room and the Mat, stepping directly out of the footwear onto the mat – this prevents grit and dirt getting onto the canvas. Please also leave off watches and all jewellery, for the safety of others. Jewellery which cannot be removed should be covered by tape. *This is very important for your and other's safety.*

Injuries / Sickness

If you are suffering from any injury or sickness but still wish to train, you **must** tell the Instructor so that he/she can advise the other students.