

Seido UK Karate Beach Training & Family Fun Day 2022

Please find below details of the 2022 beach training and family fun day.

Location: Shell Bay, Studland Beach, (near Bournemouth) BH19 3BA.

Date: Saturday 16th July 2022

Open to all UK Seido Students (adults and children). All children aged 15 years and below must be accompanied by a parent or an assigned guardian. Parents, siblings and families are also welcome to join in with all elements of the programme except the beach training programme, which is designated for Seido Students only, holding valid WSKO membership and NAKMAS insurance.

Agenda

7.00	Black Belt arrival at Shell Bay beach location (see map below)
7.15	Black Belt Training session
9.30	All student arrival at Shell Bay beach location (see map below)
10.00	Beach training programme (All Seido students only)
12.00	Packed Lunch
14.00	Beach games programme (for all the family)
16.00	Prize giving
17.00	Relaxation.
18.00	Programme finishes

General Information

The event is free, however for us to plan the various activities and let the National trust know the number of attendees, please complete the below event application weblink.

<https://forms.gle/x9ZGeVSVFPqXJep86>

We will be organising the traditional beach training t-shirts, the deadline for all t-shirt orders must be received by 1st June (this is due to longer than normal lead-times for supply). Orders for t-shirts are via the event weblink.

The final information and cut-off date for entry for the event is 18th June, when we will close entries and send the information to the National Trust.

Food

Lunch - please bring a pack lunch and remember to bring as much water as possible.

There is a restaurant near by called 'Shell Bay' <http://shellbay.net> which sells light snacks as a takeaway option.

What should I wear?

For the beach training programme, Black belts should wear their full Gi. Kyu grades should wear your karate Gi trouser, Karate belt and Seido Karate t-shirt. We will pre-check the beach for sharp objects, however you should wear beach shoes for training, if you train in bare feet you do so at your own risk.

Please note you will get wet as we aim to also train in the sea. So please bring a change of clothes and wear something appropriate under your Gi whilst training. Please advise Sensei Mark Terry if you cannot swim prior to participation, we will ensure you are kept safe during the 'in water' training sessions.

For all other elements of the programme you should wear clothing commensurate with the weather conditions. By the way there will be a prize for the best beach hat and sunglasses, and spot prizes for generally being silly and those judged by the organisers for having the most fun.

Toilets

There are national trust toilets located within 5 mins walk at Shell Bay Car Park.

Changing Facilities

There are no changing facilities, so please plan for this. Alternatively, you can use the toilets at Shell Bay national trust car park.

Health Considerations

If the weather is hot there is very little shade at Shell Bay so we (hopefully) will be in the sun all day (please prepare for this). Please bring plenty of water, and sunscreen. The dojo First Aid kit will be available but please plan to bring any medical related requirements with you (as you would if visiting a beach for the day with your family). It might also be worth considering bringing a wind break, small pop-up tent or a beach umbrella to provide some shade / shelter.

Instructors

All instructors must hold valid DBS certification.

Insurance & WSKO membership

All students participating in this event must have valid WSKO and NAKMAS insurance. Only students with valid WSKO and NAKMAS insurance may take part in any of the karate activities. Parents or guardians who take part in the beach activities do so at their own risk.

Transport & Parking

By Car – If you arrive early, you can park at the national trust car park at shell bay, there is a daily charge for parking (this car park gets very busy). If you are a National Trust member, parking is free. Alternatively, you can park along beach road, free of charge (again this area also usually gets very busy, very early and the walk to shell bay is approx. 5-10 mins). The chain ferry cost is £5 each way, please note the queue for the ferry can be extremely long (sometimes over 1 hour) so please plan accordingly. You can of course reach Shell Bay by traveling via Wareham, and avoid the ferry all together.

We will be organising a coach that will leave and return from High Wycombe. Details of the coach arrangements will be given to all students and parents who complete the event weblink and reserve a seat (spaces are limited so please book your place early – first come first serve).

Alternatively you are able to park in Bournemouth and either use the chain ferry as a pedestrian / cyclist, there is also a bus (number 50) that runs regularly from Bournemouth to Swanage and drops off and picks up at Shell Bay.

Parental Consent Form

A parental consent form must be signed on behalf of all children (17 and under) attending this event. Please request a copy of the consent form from Sensei Mark Terry in advance. All signed consent forms must be sent to Sensei Mark Terry prior to the event.

Useful Links

<https://www.nationaltrust.org.uk/studland-bay>

<http://www.sandbanksferry.co.uk/index.php>

<https://www.poole.gov.uk/parking/car-parks/beach-car-parks/sandbanks-surface-car-park/#.YlwY0i9Q2fV>

For any further information please contact Sensei Mark Terry:

mark.terry66@btinternet.com or 07450 277155.

Location Information

what3words location – jump.test.dirt

