



Next Steps for a New CASK Club

Register Your Members

A person is not covered under CASK insurance until we receive his/her original form and payment. A club owner is at risk until all the club members are covered.

1. Use the **CASK individual member registration form**.
Give a form to each member of your club, including owners, coaches, recreational members, and competitive/sparring members. Each person must complete the form and provide payment. The club owner must sign the bottom and make sure payment is included.
2. **Mail** the original CASK registration forms *with the payments* to us.
Do not fax, do not email the registration forms.
Faxed or email versions will be destroyed; the insurance company does not accept these formats.

As a new club, you have 30 days to register your existing members. When a new person joins your club, submit their form within two weeks.

Get Your Athletes Ready to Compete

For an athlete to compete, he/she must have a CASK passport. To get a passport, an athlete must:

1. **Register** with CASK
2. Complete a **CASK medical**
**Make sure the doctor stamps, signs, and dates the medical
**Medical must be received at the CASK office within 3 months of the physicians medical

Club owner must:

- Verify the medical is complete, sign it and photocopy for club records. See instructions on form.
- **Mail the original medical** *with payment* to us. No faxes or emails. These will be destroyed.

When we receive the paperwork and payment, if the application is approved, we issue the athlete's passport and mail it to the club. The club should keep the passport; do not give it to the athlete.

The athlete must show his/her passport at every event, at weigh-in. It is valid for one membership year. Next membership year, if the athlete wants to compete, he/she must register with CASK again and complete another medical. If approved, we will mail a renewal sticker for the passport.



International Federation

BUREAU NATIONAL / NATIONAL OFFICE

5008 South Service Road, Burlington, Ontario, CANADA, L7L 5Y7
Phone: 905-681-9815 - Fax: 905-681-1638 - Email: nhq@kickboxingcanada.org



National Sporting Organization



Get Your Coaches Ready to Coach

To coach at an event, a coach must be a certified (card-carrying) CASK coach. To get a coaching card, a coach must:

1. **Register** with CASK
2. Take **Level 1 CASK Coaching Course**.
Details below. Take course one time only.
3. **Submit a police check**
Get a police check with vulnerability sector screening. Start this process ASAP because it can take months to get the results back from the police. Fax, email, or mail results to the CASK office. Coach must do this every 3 years.
4. **Submit proof of first aid training**
Take a basic first aid course, life-saving course, or basic CPR course. Any basic/level 1 course from a reputable agency is valid. Fax, email, or mail results to the CASK office. Coach must do this every 3 years.

An athlete requires two card-carrying CASK coaches in his/her corner. Starting in 2011, both coaches must be from the athlete's club. (In 2010, the head coach must be from the athlete's club; the seconder can be from another club.)



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