



FIRST AID POLICY

FIRST AID POLICY

FIRST AID AND ACCIDENT PROCEDURE

- ALL CLUB COACHES WILL CARRY AN UP-TO-DATE DIGITAL REGISTER OF MEMBERS FOR EACH CLASS. THE DIGITAL REGISTER WILL INCLUDE EMERGENCY CONTACT DETAILS AND ANY RELEVANT MEDICAL INFORMATION DISCLOSED BY THE STUDENT OR THEIR PARENT/GUARDIAN.
- EACH CLUB COACH WILL CARRY A BASIC, VALIDATED FIRST AID KIT CONTAINING ESSENTIAL ITEMS SUCH AS PLASTERS, BANDAGES AND DRESSINGS. FIRST AID SUPPLIES WILL BE CHECKED REGULARLY AND REPLENISHED AS REQUIRED.
- ALTHOUGH INJURIES ARE INFREQUENT, THEY MAY OCCUR AS A RESULT OF ACTIVITIES INCLUDING: -
 1. AWKWARD LANDINGS FOLLOWING THROWING TECHNIQUES.
 2. ACCIDENTAL CONTACT FROM STRIKES.
 3. JOINT LOCKS APPLIED WITH EXCESSIVE FORCE.
 4. MUSCLE STRAINS OR SPRAINS.
- IF AN INJURY OCCURS, THE CLUB COACH WILL ASSESS THE STUDENT AND ADMINISTER APPROPRIATE FIRST AID WITHIN THE SCOPE OF THEIR TRAINING.
- ALL SERIOUS INJURIES MUST BE RECORDED IN THE VALOR COMBAT SYSTEMS ACCIDENT BOOK AS SOON AS PRACTICABLE. THE RECORD MUST BE COMPLETED AND SIGNED BY THE CLUB COACH IN CHARGE AND, WHERE THE INJURED PERSON IS UNDER 18 YEARS OF AGE, ACKNOWLEDGED BY THEIR PARENT OR GUARDIAN.
- IN THE EVENT OF A SERIOUS INJURY, THE CLASS MUST BE STOPPED IMMEDIATELY WHILE APPROPRIATE ASSISTANCE IS OBTAINED. WHERE NECESSARY, THE EMERGENCY SERVICES SHOULD BE CONTACTED BY DIALLING 999. IF THE CLUB COACH IS REQUIRED TO REMAIN WITH THE INJURED PERSON, ANOTHER RESPONSIBLE INDIVIDUAL SHOULD BE INSTRUCTED TO SUMMON ASSISTANCE.
- THE STUDENT'S EMERGENCY CONTACT OR PARENT/GUARDIAN SHOULD BE INFORMED AS SOON AS POSSIBLE USING THE DETAILS RECORDED ON THE VALOR COMBAT SYSTEMS MEMBERSHIP REGISTER.
- THROUGHOUT THE INCIDENT, THE CLUB COACH SHOULD REMAIN CALM AND REASSURING TO BOTH THE INJURED INDIVIDUAL AND THE REST OF THE CLASS. STUDENTS SHOULD REMAIN SEATED IN A SAFE AREA UNTIL THE SITUATION HAS BEEN RESOLVED.
- CLUB COACHES SHOULD BE MINDFUL THAT YOUNGER STUDENTS MAY SOMETIMES OVERSTATE INJURIES DUE TO TIREDNESS, ANXIETY, OR FRUSTRATION. WHERE THERE IS NO OBVIOUS INJURY, A DISCREET ASSESSMENT SHOULD BE CARRIED OUT, AS REASSURANCE AND OBSERVATION MAY BE ALL THAT IS REQUIRED. HOWEVER, IF THERE IS ANY DOUBT REGARDING THE NATURE OR SEVERITY OF AN INJURY, THE STUDENT SHOULD BE TREATED CAUTIOUSLY AND APPROPRIATE MEDICAL ADVICE SOUGHT.
- OCCASIONALLY, AN INJURY MAY ONLY BECOME APPARENT AFTER THE CLASS HAS ENDED. IN SUCH CASES, THE INCIDENT MUST BE FORMALLY RECORDED IN THE VALOR COMBAT SYSTEMS ACCIDENT BOOK. THE RECORD MUST BE SIGNED BY THE CLUB COACH IN CHARGE AND, WHERE THE INJURED MEMBER IS UNDER 18 YEARS OF AGE, ACKNOWLEDGED BY THEIR PARENT OR GUARDIAN.
- ALL VALOR COMBAT SYSTEMS CLUB COACHES HOLD A CURRENT EMERGENCY FIRST AID AT WORK QUALIFICATION. TO MAINTAIN COMPETENCY AND COMPLY WITH RECOGNISED GOOD PRACTICE, THIS QUALIFICATION IS RENEWED EVERY THREE YEARS.