



FIRST AID POLICY



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- **All Club Coaches will carry an up-to-date register of members from each Club. Emergency contact details will be included, as well as a record of any medical conditions relevant to the student.**
- **Basic validated First Aid items e.g. plasters/bandages etc, will be carried by the Club Coach at all times and restocked as required.**
- **Incidents although infrequent, tend to be a consequence of, for example: -**
 1. **Landing awkwardly after a throwing technique.**
 2. **Knocks resulting from a strike.**
 3. **Locks which have been applied too firmly.**
 4. **Muscle sprains.**
- **Should an injury occur, assess the student and administer First Aid accordingly.**
- **Every serious injury must be recorded in the Valor Combat Systems Accident Book and signed by the Club Coach in charge, including the Parent/Guardian, for a student under 18 years of age.**
- **In the event of a serious injury the class needs to cease and assistance must be accessed. This may be attained either by a telephone call to the Emergency Services – on 999, or by sending a student for help while the Club Coach remains with the injured member and class.**
- **Contact the relevant emergency telephone number, as soon as possible – e.g. Parent/Guardian via the Valor Combat Systems Register.**
- **Maintain a calm attitude and approach, in order to keep the individual at ease, as with the remaining class members. The students will be required to remain seated.**
- **The Club Coach will be advised to be mindful of younger student's reactions to injury. They may embellish their injuries due to tiredness, panic or disenchantment with their partners. In the event of no obvious injury, a discreet assessment is therefore required, as reassuring words may be all the First Aid necessary. There may be an occasion when an undiagnosed injury is discovered after a class. In this instance, the information should be formally recorded in the Valor Combat Systems Accident Book and signed by the Club Coach in charge, including the Parent/Guardian, for a member under 18 years of age.**
- **All Club Coaches within Valor Combat Systems possess an Emergency First Aid At Work Qualification. Their certificate is maintained by recognised First Aid practice, every 3 years.**