



NETSUI-DO KARATE ASSOCIATION

Health, Safety and first aid policy

Health and Safety Policy:

It is the policy of Netsui-Do Karate Association to:

- Provide so far as reasonably practical safe methods of training, safe training conditions, and a healthy environment assessing the risks inherent in the training of Karate.
- Provide health and safety arrangements including planning, organisation, leadership, control, monitoring, review and reporting.
- Ensure so far as reasonably practical co-operation, co-ordination and exchange of information between parents and other parties involved in any activities under its control.
- Establish a risk assessment procedure.
- Establish emergency and other procedures for serious or minor injuries.
- Display this health, safety and first aid policy on the Netsui-Do Karate Association website and ensure every instructor has a copy of this document.
- Encourage and promote personal responsibility and effort on the part of all instructors to avoid and prevent health hazards and injuries to themselves and others.
- Review this policy at 12 month intervals.

There is a clear and legal duty of each and every person while coaching, training, or competing to take reasonable care for the health and safety of his or herself and of all other persons who may be affected by his or her acts or omissions. In addition to co-operate with the health and safety advisor at the association in any way necessary, to enable them to perform and comply with any duty or requirement under the regulations affecting health and safety and welfare. This will include the use of equipment in a safe manner and their own personal hygiene.

For the execution of the policy, the following organisation and arrangements apply:

The supervising Sensei at the dojo will be responsible for the implementation of Netsui-Do Karate Association's health, safety and first aid policy.

The senior Sensei will ensure that:

- All junior and assistant Senseis have been instructed to work in a healthy and safe manner.
- Safe access to and egress from the Dojo is provided and maintained.
- Protective equipment is available and used when required by the risk assessment.
- Operations are conducted in such a manner as to reduce as far as possible, the risk of property damage, fire, or theft and to maintain a secure minimum hazard environment.
- All accidents and dangerous occurrences are investigated, reported and preventative action taken against repetition.

First Aid Policy:

It is the policy of Netsui-Do Karate Association to:

- Provide a fully trained and competent first aider at Karate events and competitions.
- Provide fully stocked and up to date first aid provisions for use in the event of an emergency.
- Ensure that procedures are in place to follow, in the event of a medical incident or illness.
- Record all accidental injuries and illnesses during Karate lessons using a record of accident form. Inform the health and safety advisor and/or chief instructor in cases of serious accidental injuries/illnesses.