



Evolutionary Martial Arts

First Aid Policy

Our Commitment

At Evolutionary Martial Arts (EMA), the safety and wellbeing of our members is our primary concern. We are committed to providing a safe training environment and ensuring that appropriate first aid support is available should an injury occur.

1. Provision of First Aid

- **Venue Responsibilities:** The training venue is responsible for providing and maintaining an up-to-date, fully stocked first aid kit in the designated kitchen area, and for the maintenance and accessibility of the fire safety equipment (fire extinguishers and fire exits).
- **Instructor Oversight:** As a matter of due diligence, EMA instructors conduct a visual check before every session to ensure that these facilities are present, accessible, and in good order.
- **Supplementary Equipment:** In addition to the venue's provision, instructors carry a backup, portable first aid kit to every session, ensuring that assistance remains available even if the primary facility is inaccessible.

2. Emergency Response and Procedures

- **Trained Personnel:** EMA instructors are trained in first aid and are prepared to provide immediate medical assistance for minor injuries on-site.
- **Emergency Contact:** In the event of a medical emergency requiring professional intervention, instructors are responsible for contacting the emergency services immediately.
- **Communication:** Instructors maintain fully charged mobile telephones at all times during sessions to ensure they are able to alert emergency services without delay.
- **Emergency Details:** Instructors maintain access to members' next-of-kin and essential medical information, kept securely in the dedicated member information folder. In the event of a serious incident, this information is used to facilitate prompt contact and provide necessary context to medical professionals.

3. Incident Management

- **Documentation:** Any injury or incident, no matter how minor, must be recorded in the EMA Incident Log. This log is reviewed periodically to identify patterns, evaluate risk, and improve our safety protocols.
- **Venue Guidelines:** In the event of an accident or emergency, all practitioners and staff must observe the specific safety guidelines established by the training venue.

4. Training and Review

- Instructors undergo regular first aid training to ensure their skills remain current.
- Our policies are subject to continual regular revision and review. If there is an error or omission in this policy, or you have a suggestion to make regarding it or any other aspect of our policies and procedures, please do not hesitate to contact any member of our team and we will look into it as a matter of priority.