



The Exiles CMMA Health and Safety Policy

Statement

Any Martial Art activity has the potential for accidents, serious injury or worse. The Exiles CMMA and its members are committed to conducting its affairs and business in a way that provides the greatest number of people in an environment that is safe and healthy as it is reasonably practicable to achieve.

The purpose of this document is to establish working guidelines for the operation of Martial Arts with The Exiles CMMA. It is for use by all of The Exiles CMMA Membership including instructors and students who partake in or have a responsibility for Martial Arts within The Exiles CMMA.

Standards for class Health and Safety training and implementation form part of the Primoris (Level 1) curriculum training programme, which is available via instructors or commercially within the Primoris publication.

This policy is applied for the benefit of members, students, visitors and all other persons on whom the activities of The Exiles CMMA and its members may have an effect. The Exiles CMMA is also committed to discharging all the statutory obligations that current Health and Safety law requires of it. New statutes are monitored as they are passed by Parliament, their applicability to The Exiles CMMA is assessed and the The Exiles CMMA Health and Safety policy and the arrangements by which it is implemented are revised to take account of them.

Duty of Care and Negligence

Duty of care is a legal obligation imposed on an individual requiring that they exercise a reasonable standard of care while performing any acts that could foreseeably harm others

Negligence is a form of legal action which, in essence, amounts to a failure to take reasonable care. It is necessary to show that the situation was one where the common law of negligence imposed a duty, that duty was broken, and that damage was caused by the breach of duty.

All members and students are expected to:

Demonstrate a commitment to Health and Safety in the areas in which they work/train.

Take reasonable care for the Health and Safety of themselves, colleagues and others who may be affected by their activities.

Observe safety rules.

Co-operate with management in measures designed to promote Health and Safety at work. Any person who either notices another person acting in a way which might adversely affect the health and safety of others or becomes aware of such a situation, should immediately report the matter.

For visits to other establishments/organisations, the Health and Safety Regulations of the receiving organisation will apply.

The statement is revised and supplemented as appropriate to take account of new Health and Safety legislation and other relevant information as it becomes available.

Risk Assessments



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Health and Safety Policy

Risk assessments form an important part of Martial Arts activities, minimising the risks to all participants. Risk assessments must be reviewed regularly and any changes in National Governing Bodies rules and regulations must also be incorporated.

Reporting injuries

All accidents, incidents and assaults that occur that result in injury must be reported within an Accident Book as soon as is reasonably practical after the event. Reports should be made by any responsible member who is aware of the circumstances of the accident/occurrence. The Exiles CMMA Instructor is responsible for ensuring that an appropriate person completes the report.

Accident and Dangerous Occurrence

In the event of an accident involving injury, the person discovering the injury must immediately report it to the person in charge. The person in charge must immediately ensure the safety of those in his/her care and then render first aid to the injured person, calling for assistance from a First Aider and emergency services where appropriate as soon as possible.

When a person is taken or sent to hospital s/he should be accompanied there by a fellow member and should take their personal belongings with them if at all possible and practical and reasonable measures should be taken to ensure the safety of belongings, which may need to be arranged by other members. When a patient has gone to hospital or is too unwell to travel home by themselves, attempts should be made to contact family or friends of the injured/sick person in order to:

- Inform them of the circumstances
- Make arrangements for the person to be accompanied home

First Aid

First Aid kits are to be maintained in each session and activity, with a designated First Aider.

Insurance

On no account must Instructors with The Exiles CMMA participate as Instructors of the Exiles' Martial Art without the appropriate level of insurance, including Professional Indemnity and Public Liability.