



DUNDEE MIXED MARTIAL ARTS

Youth and Community Sports Association

DUNDEE MIXED MARTIAL ARTS YOUTH AND COMMUNITY SPORTS ASSOCIATION SAFETY STATEMENT OF INTENT

Dundee Mixed Martial Arts Youth And Community Sports Association is a charity registered in
Scotland, No: SC039621

Dundee Mixed Martial Arts Youth and Community Sports **Association Safety Statement of Intent**

- 1) Whilst the practice of martial arts as both a competitive sport and a hobby will, by the very nature of the activity, retain some level of residual risk for participants the Executive Committee of the Dundee Mixed Martial Arts Youth and Community Sports Association organisation (hereafter referred to as DMMAYACSA) regards the recognition and promotion of health and safety measures as a mutual objective of instructors and members at every level, and will support all those who endeavour to maintain the high standards required by the organisation.
- 2) It is therefore this organisation's policy and stated intent to do all that is reasonably practicable to prevent personal injury and damage to property and to protect all parties, including members of the public, who may be present on the organisation's training premises, from foreseeable hazards, in so far as they relate to the organisation and its activities.
- 3) In particular DMMAYACSA recognises a responsibility;
 - a) To provide and maintain a safe and hygienic training environment.
 - b) To provide appropriate training and instructors to ensure, as far as is reasonably practicable, to enable members to practise safely and correctly.
 - c) To ensure the use of all personal protective equipment identified as necessary when undertaking any sporting discipline taught through the organisation's auspices.
 - d) To continue to monitor and review all health and safety procedures and policy applicable to this organisation's activities and amend or revise same as deemed necessary to maintain the required standards of safety.
- 4) Members have a duty to cooperate fully in the implementation of this safety policy;
 - a) By maintaining safe practices as set out by the organisation and encouraging the same in others.
 - b) By using personal protective equipment as and when required.
 - c) By reporting incidents or circumstances which have lead, or may lead to injury or damage.
 - d) By adhering at all times to the organisation's training procedures developed and agreed on their behalf for securing a safe environment.
 - e) By assisting in the investigation of any incident with the object of introducing measures to prevent any recurrence.

General Responsibilities for Health and Safety

It shall be the duty of every member to ensure that they have familiarised themselves with the relevant safety measures put in place by the organisation within the premises in use;

- a) All designated safe exit routes in the event of fire
- b) First aid facilities
- c) Fire extinguishers

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- d) Toilets and changing facilities
- e) Safety notices and notice boards displaying rules and regulations and other information
- f) Telephones
- g) The location of the nearest hospital with emergency outpatient facilities

Members and visitors to the premises shall observe the rules and procedures as laid out by the organisations Health and Safety policy and by this Safety Statement, and shall also abide by any instruction or advice given by instructors, those individuals responsible for the club/premises and any member legitimately so entitled to issue such instruction.

Responsibilities of Members

It shall be the legal duty of every member or visitor whilst at the premises;

- a) To take reasonable care with regard to the health, safety and welfare of themselves and of any other persons who may be affected by his/her acts or omissions during their participation in any activities
- b) To cooperate so far as is necessary with regard to any duty imposed upon the instructor or any other persons in charge or under any other statutory provisions, to enable that duty or requirement to be performed or fulfilled.

Responsibilities of Instructors and Persons in Charge

They shall;

- a) Familiarise themselves with the responsibilities and procedures set out in the DMMAYACSA Safety Policy and this Safety Statement and shall ensure they are adhered to by all parties at all times
- b) Monitor any suggestions, comments or complaints from members, instructors and persons in charge or other authorised parties on the subject of safety and ensure action is taken where reasonable and practicable
- c) Cooperate with the organisations Health and Safety representative in the investigation all accidents or dangerous occurrences
- d) Ensure that a record of all accidents and injuries is maintained at all times. Such records are to be produced as and when required.
- e) Be directly responsible for the running of club(s) under their control
- f) Provide adequate supervision of all members, particularly monitoring the young, inexperienced or those with physical or other restrictions.
- g) Ensure that any training or safety equipment to be used is safe, clean, in a serviceable condition and fit for use.
- h) Ensure that any prospective instructor receives appropriate training as provided by this organisation or the parent organisation of the discipline they are authorised and qualified to teach.
- i) Cooperate in the undertaking of safe and sufficient risk assessments and as a result of these introduce any control measures identified as necessary to remove or reduce any risks to acceptable residual level
- j) Ensure that all persons acting on their behalf are approved by the Shooters organisation and comply with all of the above.
- k) Ensure that **all** persons comply with any directives relative to insurance indemnities

Directorate/Executive Committee

Shall;

- a) Advise the members of all relevant procedures and restrictions relating to Health and Safety matters pertaining to the organisation's activities,
- b) Shall arrange regular meetings to discuss all matters pertaining to Health and Safety and shall ensure adequate representation from the directorate, instructors and club membership as is felt necessary.
- c) Provide and maintain all Health and Safety Policy documentation.
- d) Actively seek to provide information, instruction, supervision and training concerning Health and Safety.
- e) Ensure that all instructors are fully trained, qualified and conversant in both coaching techniques for their chosen discipline and all relevant Health and Safety issues.
- f) Seek advice from the Sports Council for Scotland, Shooters International, Yoga Scotland and, where deemed necessary any third party organisation who are able and authorised to provide instruction or guidance.

Personal Protective/Safety Equipment (PPE)

A wide range of personal protective equipment is available to all martial arts practitioners to ensure the health, safety and welfare of not only the wearer, but also any other persons engaged in any training activity with them.

Equipment requirements vary according to the discipline practised and training methods employed. Under advisement from the governing body for each discipline taught under the auspices of the DMMAYACSA, and pending that organisations review and approval of advice supplied, recommendation will be provided on the minimum requirements for students taking part in training for each discipline. **No** student will be allowed to take part in training without this minimum requirement being met and it shall be the responsibility of each class instructor to ensure that this is the case.

Typical PPE for students may be;

- i. Head guard. Manufactured of suitable material, secure fitting and providing adequate all round protection and vision.
- ii. Gum shield. Individually supplied by student/practitioner.
- iii. Chest protector for female students.
- iv. Forearm protector
- v. Elbow pads
- vi. Knee pads
- vii. Ankle supports
- viii. Gloves (List types and weights)
- ix. Groin box
- x. Shin guards

This list is indicative only and final PPE requirements will be specified by each instructor based on discipline being taught, activity and training environment **and must be adhered to in order to allow participation in the class.**

Safety equipment must be worn during participation in all contact activities where

injury could result. The organisation will further seek advisement from national and international bodies as to suitable PPE and reserve the right to refuse students to participate in any activity utilising PPE not to standard or felt to be otherwise unsuitable.

Any refusal or non compliance with any reasonable request or guideline to wear adequate safety equipment **will** result in the exclusion of individuals concerned in order to preserve the health, safety and welfare of both that individual and other students.

First Aid

Under the Health and Safety (First Aid) Regulations, 1981, premises must have adequate first aid provision. In accordance with these regulations one first aid box will be made available to each of the training rooms being utilised by the club at any time. A qualified first aider or responsible, appointed person shall be expected to maintain the box.

A “responsible” or “appointed” person is someone who is authorised to take charge of a serious situation, for example to call an ambulance and inform attending paramedics of the circumstances and nature of injury, as far as they are reasonably able, in the event of serious illness or injury. This person will act in the absence of a qualified first aider, or where a qualified first aider has been deemed as not required.

(N.B. it should be noted that the organisation’s preferred circumstance is that a qualified first aider (or first aiders dependant on number of classes and numbers of participating students training simultaneously. Any instance where a responsible person is deemed as sufficient will be as a result of the relevant club instructor seeking prior approval from the organisation in this regard.)

A qualified first aider is a person who has successfully undertaken recognised training and obtained recognised qualification.

A record (Accident Book) must be maintained in conjunction with each first aid box.

Members should be made aware of any activity, in which they are expected to participate as part of a training syllabus, that may be potentially dangerous, and any exclusions to their personal indemnity as a result of such practices.

Any such activities on the part of any club **must** be with the prior approval of the organisation.

First Aid Special Precautions

In any situation requiring first aid, certain precautions should be taken to reduce the risk of transmitting infections such as HIV and Hepatitis;

- a) First aiders should always cover any exposed cuts and abrasion they may have with a waterproof dressing before treating a casualty whether or not any infection is suspected.
- b) They should also wash their hands thoroughly both before and after applying dressings.

- c) Whenever blood or other bodily fluids require to be cleaned up suitable PPE should be worn, as provided, and correctly and safely disposed of after use. Clothing worn during such activity may be cleaned in an ordinary washing machine using the hot cycle. Spill area surfaces should be disinfected using one part bleach diluted with ten parts water, with caution being utilised in the use of bleach as a potentially hazardous substance.
- d) If direct contact with another person's blood or other bodily fluids occurs, the area of suspected contamination should be washed as soon as possible with ordinary soap and water. Clean cold tap water should be used if the lips, mouth tongue, eyes or any broken skin are affected and medical advice sought.
- e) First aiders who may be called upon to give mouth to mouth resuscitation should be aware that mouthpieces are available within the first aid kit for this purpose. However, such treatment should ***never*** be withheld in an emergency if a mouth piece is not available. *It should be noted that no case of infection has ever been reported as a result of giving mouth to mouth resuscitation.*

Disciplinary Procedures Relating to Safety Matters

While the substance of the Disciplinary Procedures as defined in the DMMAYACSA Constitution is not liable to change or revision without prior notification, it is important to draw to the attention of members that the safety procedures of the club apply to all disciplinary matters as and where applicable. Thus failure to observe the rules and guidance set out in the Safety Statement may lead to disciplinary action being taken.