

HISTORY

Practical Safety at Karate Tournaments

Information supplied by St John Ambulance Urmston

The Urmston Manchester Division of the St John Ambulance has strong links with the FSK Tournament circuit. They have been providing First Aid Cover for competitions for several years. This article has been put together by the St John Ambulance staff it also notes a list of incidents that have occurred over the years in the hope that you (the reader and competitor) will learn from them.

My name is John McCarthy I am a nurse, married with two teenage sons. In common with every other St. John member I have had to undertake a four-day First Aid at Work Course. This consists of theory, practical sessions and the course has examinations, which are theoretical and practical. The course has to be re taken every three years.

At the end of these short comments and notes I have enclosed a Health Record form and a specimen Medical Consent form as used by the Scout Movement when they take young people away for any length of time. Other organizations such as the Girls Brigade use them. They can make a difference in an emergency and most organization should consider adopting them, especially practitioners of combat sports like the martial arts.

If you read this article and take note it could make all the difference in many aspects of attending martial arts tournaments.

Is your club ready to compete?

Are you fit to compete?

There are several things that you should consider before setting off for the competition. Always have more than one driver in case he/she is injured or becomes ill. In a mixed sex group always have a responsible adult of each sex in the group with you. Ensure that you have enough to eat and in hot weather have plenty of fluids to drink.

If you have been ill, in hospital or are on medication please seek advice from a Doctor before you compete. Please bring any medications or inhalers to the competition with you, you may need them! It is a good idea to have a health record for all club members and consent forms for those under sixteen.

I will now give examples of why such health records are necessary: - A girl under 16 received a blow to the head and appeared to have concussion. A First Aider, an Ambulance man and a Nurse advised that she should go to Hospital in Manchester. The girl was removed from the Ambulance on the instructions of the Mother who was thirty miles away.!

A young girl under 16 in her first competition received a blow to her chest. She was very breathless and distressed. She had a chest infection and could not take the prescribed medication because it was in tablet form; her Mother was not with her. A female adult club member had noticed that she was becoming breathless at club meetings and felt she had Asthma. The responsible adult was asked to ensure that the girl saw her Family Doctor

An adult male competitor had a 13 stone competitor land on top of his chest. He is an Asthmatic and this made him very breathless. He had his inhalers and being over sixteen was able to make his own decision about medical care and if he needed to go to hospital.

A youth banged his head when he was knocked off his bike; he stopped breathing in front of his Mother. Luckily the St. John Team at the Competition revived him.

HEALTH RECORD

Name.....Date of Birth.....

Address.....

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Telephone number.....NHS number.....

Family Doctor's Name

Address.....

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Telephone number.....

Important medical conditions/disabilities (e.g Epilepsy, Diabetes, Asthma)

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Medical Treatment, drugs, special diet, inhalers.....

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Allergies, Sensivities (penicillin, food, insect bites or stings).....

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Date of last anti – tetanus injection.....