



Rise & Regulate

First Aid Procedure

Organisation: Rise and Regulate

First Aider: Danny Collins (Safeguarding Lead & Director)

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Provision: Multi-venue (gyms, martial arts facilities, outdoor environments)

Review Cycle: Annual or following incident

1. Purpose

This procedure outlines the approach to first aid within Rise and Regulate.

The aim is to ensure that all learners receive prompt, effective and appropriate care in the event of injury or illness.

2. Scope

This procedure applies to all Rise and Regulate sessions delivered across multiple venues including indoor and outdoor environments.

It applies to all learners participating in activities and all staff responsible for their supervision.

3. Responsibilities

The designated First Aider for Rise and Regulate is Danny Collins.

Responsibilities include:

- Ensuring a first aid kit is available at all sessions
- Responding promptly to incidents and injuries
- Assessing the level of risk and required response
- Recording all incidents appropriately
- Communicating with schools and parents where required

4. First Aid Equipment

A fully stocked first aid kit must be available at all sessions.

The kit should include:

- Plasters, bandages and dressings
- Antiseptic wipes
- Gloves and protective equipment

- Ice packs
- Emergency contact information

Equipment is checked regularly and replenished as required.

5. Responding to an Incident

In the event of an injury or illness:

1. Ensure the immediate safety of the learner and others.
2. Assess the situation calmly.
3. Provide appropriate first aid within level of training.
4. Reassure the learner and maintain a calm environment.
5. Monitor the learner's condition.

6. Serious Incidents

If the incident is serious:

- Call emergency services immediately (999)
- Provide clear information about location and nature of injury
- Continue to support the learner until help arrives
- Inform the referring school and parent/carer as soon as possible

7. Minor Injuries

For minor injuries:

- Provide basic first aid treatment
- Monitor the learner during the session
- Record the incident
- Inform school where appropriate

8. Head Injuries

All head injuries must be treated with caution.

- Monitor for signs of concussion
- Inform school and parent/carer
- Advise medical follow-up where required

9. Recording and Reporting

All incidents must be recorded in an accident report log including:

- Date and time
- Nature of injury

- Action taken
- Outcome

Serious incidents must be reported to the referring school immediately.

10. Hygiene and Safety

- Gloves must be worn when dealing with bodily fluids
- Hands must be cleaned after treatment
- Waste disposed of safely

11. Multi-Venue Considerations

As Rise and Regulate operates across multiple venues:

- Staff must familiarise themselves with each venue
- Emergency access points must be identified
- First aid procedures must be adapted to the environment

12. Review

This procedure is reviewed annually or following any significant incident.