

Guide to Preparing for & Managing Medical Emergencies in the Dojo

The purpose of this document is to provide suggestions to help dojo be prepared to manage minor and major health situations and emergencies. The document outlines suggested member training, recommended equipment and items to be stocked at the dojo, and informational documents that can be shared with members and posted around the dojo.

General Thoughts

- While our goal is to train safely, injuries may occur as a result of training. Additionally, practitioners may experience health events while in the dojo. It is important to prepare for such situations.
- Have emergency contacts for dojo members and visitors: in case of a medical emergency, someone may need to notify the person's emergency contact.
 - Dojo leaders are encouraged to capture emergency contact information for all practitioners and have access to it. Consider how all instructors would be able to access the emergency contact information in real time.
 - Smart phones have the option of displaying emergency contact information even when locked (often called "ICE for In Case of Emergency"). Consider encouraging practitioners to have their phone emergency contacts set up in case they are needed.

First Aid Kit

- We recommend each dojo to have a first aid kit stocked with supplies (see list attached).
- The kit contents should be reviewed after major events and at pre-specified intervals. Items should be restocked and expiration dates checked (see checklist attached).
- Consider designating a person who would be responsible for the kit and report to the dojo board or the dojo cho.

CPR and AED Training

- Ideally, a person trained in CPR and basic life support, as well as AED (Automated External Defibrillator) operation would be present at every class. Thus, we suggest that all instructors at the dojo (and any additional interested practitioners) have training and maintain their certification (requires recertification every 2 years).
 - Courses are available all around the country and instructors can sometimes even come to the dojo with their equipment to conduct training for a group.
- An AED is a life-saving device that might be appropriate to have and maintain at the dojo. Consider the cost to purchase and maintain an AED, as it might not be affordable for small dojos. Also consider who could use the device in an emergency.
- Legal requirements for emergency equipment (AED) and personnel training (basic life support and CPR) may vary by state and the type of space that is used for training.
 - <https://www.avive.life/aed-laws> - AED laws by state.
 - <https://www.aed.com/aed-legislation> - AED laws by state.
 - <https://www.usmaf.org/mandatory-leader-training.html> - United States Martial Arts Federation information on training for leaders.

- Look up the legal requirement for your dojo and capture these in a document with links and a date. For example, some states require that only people AED trained use an AED; therefore, the dojo needs to have people who are AED trained.
- First Aid training is also a great idea in addition to CPR. The Red Cross offers courses that combine the two. (<https://www.redcross.org/take-a-class/first-aid/performing-first-aid/what-is-first-aid>)

Information to share with members

- We suggest posting the following information in the dojo:
 - Medical emergency general guide and nearest hospital info - this is important for decisions regarding driving vs calling 911 for transport to the hospital
 - Recognizing the signs of a stroke infographic and guide (sample attached)
 - Recognizing a heart attack infographic and guide (sample attached)

APPENDICES

Medical emergency general guide template

- We recommend your dojo have a posted protocol when calling 911. For example:
 - Write the name and address of the dojo where it is easy to see (to tell 911 where to go)
 - Post potential tasks to assign in case of 911 call:
 - Should someone be assigned to stand at the road to hail the ambulance and direct them to the dojo door?
 - Should someone be assigned to guide EMTs from door to patient?
 - If the emergency takes place on the mat, is it appropriate to put out tarps to protect the mats when the EMTs arrive, as they will not remove shoes?
- What is the nearest hospital [name, address, phone number, QR code for map]
 - Distance from the dojo [miles and time]
 - If the nearest hospital is not a stroke center and/or does not have a capability to perform heart catheterization, list the nearest hospitals with those capabilities
- What is the nearest urgent care [name, address, phone number, QR code for map]
 - Distance from the dojo: [miles and time]
- Who should be notified about the emergency?
 - If the person can converse - ask them
 - If they can't converse - look for an emergency contact on their phone or reach out to [fill in YOUR DOJO information here: dojo cho / designated person who has access to emergency info, include phone number]

Recognizing a Stroke

- See attached infographic with signs and symptoms of a stroke.
- Go to the ER to get checked out if there is any concern (sudden change in ability to move parts of the body, change in speech or comprehension, new asymmetry of face).
- Call 911. EMS crew will get a set of vital signs and an ECG, will know to take the person to a hospital that is a stroke center, and will alert the hospital during transport to have the stroke team ready.

Recognizing a Heart Attack

- See attached infographic with signs and symptoms of a heart attack.
- Go to ER to get evaluated if any concern (chest discomfort, pain or pressure; arm, shoulder or jaw pain; nausea, dizziness, shortness of breath out of proportion to training effort).
- Give the person 4 tablets of aspirin 81mg and have them CHEW the tablets (as per American Heart Association recommendations).
- Consider calling 911 vs driving to the ER. EMS crew will get vital signs and an ECG, will know to take the person to a hospital with the capability for performing heart catheterization if needed, and will alert the hospital during transport if an emergent catheterization is indicated.

First Aid Kit (Box with items):**Durable goods**

- Tweezers x1
- Trauma shears/scissors x1

Consumable goods

- Adhesive bandages (assorted) x40+
- Gauze pads, 2" x10
- Gauze pads, 4" x10
- Rolled gauze bandages x4
- Adhesive medical tape (rolls) x2
- Non-adherent wound dressings x4
- Antiseptic wipes (BZK/alcohol) x20+
- Antibiotic ointment packets x10
- Instant cold packs x4
- 2" Elastic (Ace) bandages x2
- 4" Elastic (Ace) bandages x2
- Disposable nitrile gloves (pairs) x6+
- Cotton balls or swabs x20
- Eye wash / saline bottles x2
- Triangular bandages/slings x2
- Aspirin tablets (not enteric coated)
- Ibuprofen

Additional/options

- NewSkin spray 1 (good for minor cuts and scratches)
- Lotrimin cream 1 (good for cracks between the toes)

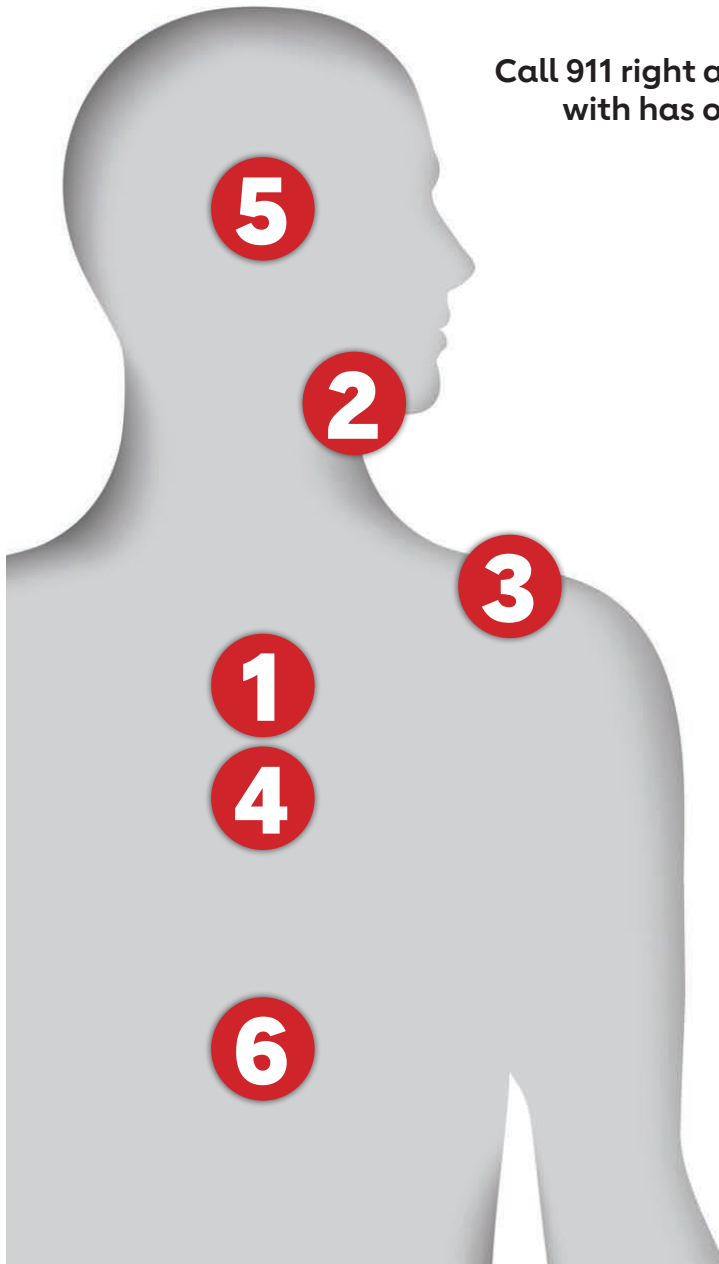
Suggested items to have at the dojo:




- Ice packs (if the dojo has a freezer) or instant ice packs
- Sugar tablets (for hypoglycemia)
- Feminine hygiene products in the bathroom
- Hair ties
- Nail clippers



Common Heart Attack Warning Symptoms

Call 911 right away if you or someone you are
with has one or more of these symptoms!



-  1 Chest pain or discomfort
-  2 Pain or discomfort in the jaw, neck or back
-  3 Pain or discomfort in the arms or shoulders
-  4 Shortness of breath
-  5 Feeling very tired, lightheaded or faint
-  6 Nausea or vomiting

Learn more at
heart.org/HeartAttack.

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FACE Drooping



ARM Weakness



SPEECH Difficulty



TIME to Call 911

Learn more at stroke.org

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