

Judoka complaining about feeling unwell/being hurt – Alex Mashadi

- Encourage the child to move to a safe area
- See if they appear in genuine distress and if not ask if they feel well enough to carry on.
- Ask if a parent is present, if not ask for assistance from Lee/Bob/John/Sandra/other Blackwater judo adult who is available. If the parent is not present, inform them when they pick up the child even if the injury appears relatively minor
- Call an ambulance if serious enough especially for head injury, any loss of consciousness or likely life threatening condition
- Ask if they are on any medication (eg asthma attack) and ask if they have brought it in the case of salbutamol inhaler or other ‘when required’ medication or ask parent to provide if present and inhaler in car
- Comfort the child as appropriate
- If acute sprain, get ice pack
- If cut, apply plaster (after checking for allergy)
- Do not forget to look after the welfare of any party who may have accidentally brought on any injury to another child and inform their parent as this child may be upset too. Note whether any injury was accidental or consider whether it was possible brought on by bullying, but deal with this after the judoka who has been hurt is looked after