



# National Women's Martial Arts Federation

## Special Training

### Policy on First Aid Team and Application

Revised February 27, 2009  
Adopted in Resolution 2009-007

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From the Red Cross: First Aid is "responding to an emergency situation by calling for help, helping to keep someone alive, reducing pain, and minimizing the consequences of injury or sudden illness until professional medical help arrives". The First Aid Team is not meant to provide medical treatment or athletic trainer services.

Women with health care experience, such as medical doctor, registered/licensed nurse, or EMT will be considered for the First Aid Team. Women with health care related experience, such as athletic trainer, massage therapist, and acupuncturist, will also be considered for the First Aid Team if they meet the minimum qualifications.

#### **First Aid Team Lead – 1 woman**

The following are in addition to the qualifications and responsibilities of a First Aid Team Member

##### Qualifications (minimum)

- Prefer woman with additional credentials beyond the minimum

##### Responsibilities

- Review NWMAF's standard list of First Aid items and suggest any improvements
- Acquire First Aid items (reimbursed by NWMAF)
- Coordinate creation of First Aid Team schedule and provide copy to Events Coordinator
- Assemble First Aid Kits and arrange for placement
- Hold meeting with First Aid Team
  - Review Team Responsibilities
  - Review Universal Precautions procedure for body fluid clean up

##### Compensation

- ST Tuition waiver and Early Arrival fee waiver

#### **First Aid Team Member – 1-2 women**

##### Qualifications (minimum)

- Current First Aid Certification
- Current CPR Certification

##### Responsibilities

- Work with team lead to create schedule
- Be on call one night during ST
- Be present at assigned ST classes - one First Aid Team Member needs to be present in each workout "region" (based on campus layout, not necessarily every workout location)
- Carry walkie-talkie for communication purposes
- Carry emergency contact list
- Help women requesting/needing First Aid
  - Ice
  - Band-Aids
  - Arrange for ride (car or golf cart) to transport an injured woman to a location on campus (minor injury only)
  - Follow established procedure to arrange for emergency transportation of injured woman to hospital (major injury)
  - Assist with any blood/body fluid clean ups using Universal Precautions
- Maintain a brief log of First Aid activities during camp to be submitted to the Events Coordinator within 1 week of the end of Special Training

##### Compensation

- ST Tuition waiver



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Complete and return this application to [applications@nwmaf.org](mailto:applications@nwmaf.org). Refer to the Special Training First Aid Team Guidelines for qualifications, responsibilities, and compensation.

**Personal Information**

First and Last Name \_\_\_\_\_  
E-mail \_\_\_\_\_  
Phone Number(s) \_\_\_\_\_  
Address \_\_\_\_\_

**Current NWMAF Member** (membership not required)

Yes       No

**Position Applying For**

First Aid Team Leader       First Aid Team Member

**Qualifications** (Include copy of certifications/licenses)

- Current CPR Certification  
 Current First Aid Certification or Equivalent  
 Additional Qualifications (list below)

**Health Care Related Experience** (briefly describe your experience below)