

January 2009

Issue 1

# 'Welcome' to the first edition of the new NMA Training newsletter.

OUR newsletter hopes to inform you of all upcoming courses in the NMA calendar as well as keep you informed of any updates and changes in guidelines and practices involved in NMA courses such as First Aid and Fire Safety.

Plus we'll be informing you of how the new NMA 4 Schools programme is going.

We are now introducing first aid courses for CSLA and DofE as well as the already established Judo and Self Defence courses that are on-going. We'll be talking to some of the teachers involved in the course and asking teachers within the school environment for their feedback on the work completed by NMA Training and NMA 4 Schools.

Finally before you "tuck in" to our new look newsletter, please feel free to take a look at our new website, See opposite at [www.nma-training.co.uk](http://www.nma-training.co.uk) Enjoy!"

**NMA**

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**MEMBER**  
**AcFA**  
ASSOCIATION OF  
FIRST AIDERS

### WELCOME TO NMA TRAINING

#### Judo and Self defence

NMA training and coaching providers was established in January 1997 and was dedicated to the development of Martial Arts and Self defence.

More information on our Judo and self defence classes can be located on the [self defence page](#).

#### First Aid Training

**First Aid for Schools** This essential four day course for work place First Aiders allows you to comply with legal workplace obligations.

> [More information](#)

#### Fire Marshal

**Fire Warden or Fire Marshal Course** A one-day course designed specifically for those who have been appointed to carry out the duties of a Fire Warden or Fire Marshal.

> [More information](#)

#### Self defence

**Martial Arts and Personal Safety** This course is designed to equip staff with the skills necessary to breakaway from an aggressive situation where they may have been assaulted.

> [More information](#)

#### Fire Safety

**Fire safety awareness** This course teaches basic fire safety awareness as it applies to the workplace. Courses can be tailored to suit and typically run for 3 hours.

> [More information](#)

### First Aid and Fire Safety

NMA is dedicated to providing best learning practice and your satisfaction and enjoyment whilst on our training courses is our priority. Our personal safety and first aid training courses provide a combination of theory and practice that is designed to develop ability and most importantly practical confidence.

**New Courses 2009 | [First Aid for Schools](#)**

NMA Training offers bespoke first aid courses to schools and groups based upon your needs.

## The News

# Can you put a plaster on a child

### **Myth:**

ADULTS can't put plasters on children's cuts.

### **The reality**

We've often heard of teachers, volunteers and carers being told to ask parents for permission, or even requiring parents to drive over and put the plaster on themselves.

This persistent myth causes a lot of unnecessary hassle and worry. There is no rule that says a responsible adult can't put a plaster on a child's minor cut. Some children do have an allergy to normal plasters. If you know a child is allergic you can use the Hypo-allergenic type of plaster. The important thing is to clean and cover the cut to stop it getting infected.

Source hse.gov.uk/myth

### **Myth:**

If a pupil is hurt, the teacher is likely to be sued.

### **The reality**

The main legal duties lie with the employer, not the teacher – or even the head teacher, unless they own the school and employ the staff. We can't find a single instance in the past five years of a teacher being personally sued for compensation.

Over the years a handful of teachers have been prosecuted following very serious incidents, but only where they failed to follow direct instructions and departed from common sense. Teachers who act responsibly will be on the right side of the law.

Source hse.gov.uk/myth



### **Myth:**

Kids must wear goggles to play conkers.

### **The reality**

This is one of the oldest chestnuts around, a truly classic myth. A well-meaning head teacher decided children should wear safety goggles to play conkers. Subsequently some schools appear to have banned conkers on 'health &

safety' grounds or made children wear goggles, or even padded gloves!

Realistically the risk from playing conkers is incredibly low and just not worth bothering about. If kids deliberately hit each other over the head with conkers, that's a discipline issue, not health and safety.

Source hse.gov.uk/myth

## Message Board

### FIRST AID - message

NMA Training and Coaching Providers work in the delivery of First Aid and Health and Safety training throughout the UK. Our First Aid and Fire Safety training courses are a combination of theoretical knowledge and practical sessions that are designed to develop ability and most importantly practical confidence.

We are committed to delivering high quality First Aid and Health and Safety training and offer a bespoke service based on trust and mutual understanding. As part of our new NMA 4 Schools programme our first aid training can be tailored to support your schools CSLA, JSLA and DofE courses. for information please contact Gary on 07958 719093 or email info@nma-training.co.uk

Our First Aid training is fully approved by the Health & Safety Executive - approval number 99/99. .

### JUDO - message

The rise in the need for extra curricular activities in schools has meant that we will be looking to extend our sessions to more breakfast clubs in the South East London area as part of our new NMA 4 Schools programme. All instructors in NMA Training and Coaching providers are fully qualified and insured with the BJA (British Judo Association), with enhanced CRB and first aid qualified as a minimum requirement. If you are looking to have a Judo breakfast club set up in your school please contact Gary on 07958 719093 or email info@nma-training.co.uk



## Feedback



**NAME:**  
Kelly OTT

**DATE:**  
5/12/08

**JOB TITLE:**  
Deputy Head

**VENUE:**  
Waterside School

**1) WHAT SERVICES DOES NMA TRAINING AND COACHING PROVIDE FOR YOU?**

A: Judo for pupils in year 5/6

**2) HOW LONG HAS NMA PROVIDED SERVICES FOR YOU (APPROX)?**

A: 2 years

**3) PLEASE PROVIDE ANY COMMENTS ABOUT NMA AND THE TRAINING IT PROVIDES?**

A: Judo for pupils with Emotional and Behaviour difficulties! Our pupils have

benefited from the philosophy of martial arts. They are more able to control their anger.

They understand that they cannot use their skills in any arena other than one that is under the control and guidance of the sensei.

They respect Gary and are keen to earn his approval. As a Healthy School we strive to improve social and emotional aspects to learning.

NMA training ticks all the boxes.

## The News

# Paediatric First Aid Training

IN light of numerous calls regarding changes circulating within the Childcare sector we have fully researched the First Aid training requirements and summarise our findings below:

### **Nanny, Au Pair, Babysitter**

Paediatric First Aid – 6 hours. There is no set minimum that this course should take.

Our syllabus meets the needs of the Voluntary part of the Ofsted Childcare Register, which many Nannies are now opting to join.

### **Registered Childminder**

Paediatric First Aid – 12 hours. In line with the Early Years Foundation Stage Statutory Framework ( EYFS) our course covers all topics required by Ofsted.

### **Nursery or Pre - School**

Paediatric First Aid – 12 hours. In line with the EYFS our course covers all topics required by Ofsted.



### **Foundation Stage Teachers**

Paediatric First Aid – 12 hours. The EYFS requires that at least one person in a school holds a twelve hour certificate in PFA.

The EYFS guidance applies to those who deal with 4, 5 and rising 6 year olds.

### **School staff Teaching & Support**

Emergency First Aid for Schools - 6 hours. In line with the guidance from The Department of Children, Schools and Families, this course is child orientated and suitable for all school staff who support First Aiders.

### **After School clubs**

Emergency First Aid for Schools - 6 hours or Paediatric First Aid – 12 hours. Ofsted will expect the

course to be relevant to the age of the children. If under 5's are present we recommend the 12 hour course.

The general guidance, as we see it, is if under 5's are involved then even if the 12 hour course is not a requirement we still recommend it. The guidance from Ofsted regularly highlights the need for the training to be relevant to the age of the child / children being cared for. It is important to note that changes regularly occur, so relevant websites are listed below so you can stay up-to-date!

[www.ofsted.gov.uk](http://www.ofsted.gov.uk)

[www.dfes.gov.uk](http://www.dfes.gov.uk)

[www.surestart.gov.uk](http://www.surestart.gov.uk)

# Did you know ?



JUDO was introduced into the Olympic Games in 1964 and is practiced by millions of people throughout the world today.

People practice Judo to excel in competition, to stay in shape, to develop self-confidence, and for many other reasons.

But most of all, people do Judo just for the fun of it!

## Profile

MY name is Gary Currier and the Course Organiser and Managing Director of NMA Training and Coaching Providers.

I first had the idea of creating a business to introduce judo/self defence and other martial arts in 1995 when working at a gym with my close friend Dave Lee who is now the MD of his own training company (amacsports ltd).

Both being Martial Artists we saw a great opportunity to give our knowledge to a wider audience.

By 1997 we got our first break to teach self defence at Dartford Grammar School for Boys, where we proved a big hit. These sessions grew and we were able to find more schools along

the way until eventually I was able to give up my primary income as a Personal Trainer at a gym in Bromley. Primarily we taught Self defence but we extended it to include Judo specific sessions and then later after Dave had left to create his own company with his wife we extended our role to include First Aid and Fire Safety Awareness courses.

I was first introduced to Judo when after my dad (who had recently been a racing driver) suffered a

serious injury and was told to do something else, so we were carted off to the local judo club and have trained in Judo ever since with the exception of a few brief interruptions like when I was a member of the British Armed Forces.

After leaving the Army I helped my dad create our first Judo club

(Northbrook Kyu Shin Kai - which is still running now, and supports NMA Training by giving students an outlet to train in

Judo beyond school).

I am proud to say that NMA Training has provided Judo or Self Defence Sessions to nearly 50 schools and are currently committed to 15 schools teaching Judo, all of which are linked to the British Judo Association and Northbrook Kyu Shin Kai. On top of this we have taught HSE registered and recognised first aid courses to well over 200 people and can now offer our first aid service Nationwide!

For more information about NMA Training and Coaching Providers



please visit our website

[www.nma-training.co.uk](http://www.nma-training.co.uk)

or call on 07958 719093.

## Emergency First Aid Course

OPEN 1 DAY  
EMERGENCY FIRST  
AID COURSE

7th February , 2009  
(TBC)

This course will give a minimum HSE recognised first aid certificate and provide basic first aid knowledge which in todays society is an important life skill for anyone.

All attendees will get a 1 person first aid kit, a first aid manual and a credit card

certificate along with their attendance certificate (valid for 3 years)

Course cost £20.00 per person

Course venue in Bromley, Kent BR1

please call or message to reserve a place - you will not be able to turn up on the day



## Your ideas !

Do you have any ideas?

This newsletter is designed to be a community.

If you have any questions you want answering or would like any articles included please email Gary on

[info@nma-training.co.uk](mailto:info@nma-training.co.uk)

## Contact details

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