



# BRITISH KENDO ASSOCIATION SAFETY OFFICER REPORT (2020 / 2021)



## INTRODUCTION

As you will know the past year has been a most difficult time for our organisation. Last year we were deciding if and how we could run our seminars and this year we are deciding if and when we should restart. In January 2020 who would have foreseen this disruption to our personal and collective training.

## ACCIDENT REPORTING

With training paused and our accident figures on nil, this year is most likely to be our lowest accident rate ever and as a consequence it is not possible to detect any trends. That said, much work has been carried out by NC, Bu and dojo leaders to ensure that our members are protected from Covid-19 on returning to training. I have assisted upon request and have to say that most dojos have been absolutely correct in their application of rules national and local.

## DOJO ASSISTANCE

Throughout the reporting year I have dealt with questions and assisted dojos from all three BUs and my aim has always been to respond as quickly as possible - usually within 24 hours. As we return to training we should remember to be aware of dojo safety and follow whichever rules are laid down. By doing this we will ensure continuity and in time normality.

## ASTHMA

This information is aimed at asthma sufferers, dojo leaders and coaches as it will help understand the needs of the many who suffer.

Exercise is a common trigger for asthma. It can affect anybody with asthma, children or adults, recreational sports players or elite athletes. Symptoms include coughing, wheezing, chest tightness and difficulty in breathing. People with asthma have swollen (inflamed) and "sensitive" airways that become narrow and clogged with sticky mucus in response to certain triggers. It is not known exactly how exercise triggers asthma but when people exercise they breathe faster. This makes it more difficult for the nose and upper airways to warm and add moisture to the air breathed in, resulting in the air being drier and colder than usual. It is thought that this cold, dry air in the airways triggers the symptoms of exercise-induced asthma. Asthma should be no obstacle to exercise, playing sport and keeping fit. Many Olympic competitors, footballers and other high-level sports people have asthma, including several gold-medal winners.

Dojo leaders and coaches should be aware that several steps can be taken to help to reduce the symptoms of exercise-induced asthma and these should be used along with prescribed medicines and those who suffer asthma, or any other medical issue should let their dojo leader know.

- Warm up and warm down.
- Avoid the cold air (eg air conditioning vents).
- Stay fit. Good aerobic fitness can help to reduce exercise-induced asthma

In short, asthma is not an end to training as sensible management and a degree of consideration will allow you to continue and enjoy your training.

**Further information:** <https://www.nhs.uk/conditions/asthma/>

Best wishes to everyone for your training in 2021

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