

Emergency Response Policy

1. Purpose

This Emergency Response Policy outlines the procedures to follow in the event of a medical emergency during or related to a training session, consultation, or service provided.

The priority at all times is the safety and wellbeing of the client.

2. Scope

This policy applies to all clients participating in personal training sessions, health consultations, or any related services.

3. Practitioner Responsibility

In the event of an emergency, the practitioner will:

- Assess the situation promptly and remain calm
 - Provide immediate basic first aid within the scope of training and competence
 - Contact emergency services (999) if required
 - Stay with the client until help arrives, where it is safe to do so
 - Follow all emergency guidance provided by medical professionals on scene
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4. Client Responsibility

Clients are responsible for:

- Providing accurate and up-to-date medical information prior to participation
 - Informing the practitioner of any known health risks, conditions, or symptoms
 - Following all safety instructions during sessions
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5. Emergency Situations

An emergency may include (but is not limited to):

- Chest pain or suspected cardiac event
 - Difficulty breathing or respiratory distress
 - Loss of consciousness
 - Severe injury or trauma
 - Signs of stroke (e.g. facial drooping, slurred speech, weakness)
 - Any situation where there is immediate risk to life or health
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6. Emergency Contacts

Clients must provide at least one emergency contact who may be contacted if necessary.

In the event of an emergency, the practitioner may:

- Contact emergency services (999)
- Contact the client's emergency contact
- Share relevant medical information with paramedics or healthcare professionals

7. Medical Information

It is the client's responsibility to ensure that all medical information provided is accurate and kept up to date.

Failure to disclose relevant medical conditions may increase risk during physical activity.

8. Limitation of Responsibility

While all reasonable care is taken to ensure safety, participation in physical activity carries inherent risks. The practitioner cannot be held responsible for injuries or medical events arising from undisclosed conditions or failure to follow instructions.

9. Review of Policy

This policy will be reviewed periodically and updated in line with best practice and legal requirements.

10. Contact Information

For any questions regarding this policy, please contact:

Name: Mr B Constable

Email: info@aretehealthandwellness.com
