

# British Karate Kyokushinkai

## Asthma Protocol

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### Introduction

There are approximately 5.4 million people in the UK currently receiving treatment for Asthma, of which 1.1 million are children, so it is quite likely that someone training at your dojo may suffer from this complaint.

It is important to know how to help someone who has an Asthma attack, as good basic first aid can sometimes help to shorten an attack and knowing when to call for assistance can be vital, and the purpose of this document is to assist and to clarify the BKK position.

It is vital that the club holds good student records, which should contain any Medical problems of students together with emergency contact numbers. These records should be available quickly in case of emergency, but secure so that confidential information is kept private.

### What is Asthma?

Asthma is a condition that affects the airways – the small tubes that carry air in and out of the lungs, during an attack the muscles around the walls of the airways tighten so that the airways become narrower and the linings of the airways become inflamed and start to swell, this makes breathing difficult.

### What can trigger an Asthma attack?

A trigger is something that irritates the airway and causes the symptoms of Asthma, below are some of the things which can trigger an attack, however sometimes there is no obvious trigger.

Animals., Air pollutants, Colds and Viral Infections, Emotions, **Exercise**, Food, Medicines,  
Pollen, Smoking, Weather.(Hot/Cold)

### Exercise and Asthma

Some people with asthma find that exercise triggers their asthma symptoms, however exercise is good for everyone, including people with asthma. If asthma is well controlled everyone should be able to join in have fun and keep fit.

If asthma gets worst during exercise it could be a sign that the asthma is poorly controlled and a visit to the doctor may be appropriate.

### Tips for students with Asthma.

- Always have your reliever inhaler (**usually Blue**) with you when you train.
- If exercise triggers your asthma use your reliever immediately before you warm up.

- Increase your fitness level gradually.
- Always warm up and warm down thoroughly.
- If you have symptoms when you exercise, stop, take your reliever inhaler and wait until you feel better before starting again.
- If you take preventer medicine take it as prescribed.

### **What to do in an Asthma attack?**

- Ask the student to take their reliever inhaler (usually Blue) immediately.
- Sit them down - **Do not lie them down.**
- Make sure students chest is up and not curled and closed
- If no immediate improvement, one puff should be taken every minute for five minutes or until symptoms improve.
- If symptoms do not improve in five minutes or you are in doubt call 999
- Continue with one puff of the reliever inhaler every minute until help arrives.
- Parents/guardian or the person collecting children should always be told if an asthma attack has occurred during training

### **Asthma and Sport.**

Many young people miss out on sport because of their condition, despite the fact that most should be able to take part as long as their asthma is under control. The BKK wishes to encourage Children and Adults with Asthma to take part in our sport, in a safe environment with instructors with up to date knowledge on how to best to deal with this condition.

Asthma is one of the areas covered on the first aid course, which is why first aid certificates should be kept up to date.

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**Source: John Hunt (BKK Medical Officer) February 2009**

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