

## **I need to get Safe MMA registered**

Safe MMA is an independent health and safety programme for all UK MMA competitors. Housed at The Centre for Health and Human Performance, 76 Harley Street and run on a not-for-profit basis, Safe MMA is headed by leading experts from the world of sport and exercise medicine and sports science.

It is each fighter's responsibility to be registered with Safe MMA. There are 3 stages to registration

1. Safe MMA paperwork and payment
2. Annual GP medical (which will incur a further charge)
3. 6 monthly blood tests (which will incur a charge)

The first thing you need to do is sign up to safe MMA. This can be done via their website [www.safemma.co.uk](http://www.safemma.co.uk). They will organise the payment required depending on your situation (eg if you have valid blood results etc...)

You need to book an appointment with your GP for a medical examination. You should print the form off the Safe MMA website and bring it with you. Your GP will then return the form to Safe MMA. There will be a charge for this service.

Safe MMA will send you a blood pack which you should take to your GP or practice nurse to have them take a blood sample which will be sent back to safe MMA for testing. You should bring official photographic identification with you (passport or drivers licence) to verify your identity. There will probably be a charge for this service also.

Some local fight doctors will be able to perform your medical examination and take your blood samples; their charges may be less than your own GP. Your coach or the promoter will be able to advise you about this.

When the medical and blood test results have been received and processed by Safe MMA you will be advised of the outcome, and the promoter can be advised whether or not you can fight on the show. The promoter will never be given your private medical information.

If you do not understand the process or have further questions you can ask your coach; they may have had other fighters who have gone through the process. You can also contact Safe MMA on [info@safe-mma.co.uk](mailto:info@safe-mma.co.uk) or 0207 631 3276.

