



## **Care & Prevention**

### **Overview of Basic Care and Prevention Procedures**

#### **Note to Instructors:**

- The following information should be copied and provided as a handout.
- Following the lecture each candidate should receive a take home test.

A. Always ERR on the side of caution.

B. It is suggested that the coach and/or assistant coach or a designated person from the team be responsible for assisting with injuries, which may include attending a certified Red Cross First Aid Course.

C. Each team should have and know how to use a First Aid kit that includes but is not limited to: Team Safety and Information Card plastic bags and ties for ice, ice in a cooler, tape, band aids, scissors, antiseptic, sterile pads, towelettes, gauze pads, ACE wrap, and antibiotic First Aid crème.

D. Prevention should be out first concern. Each coach should have a Team Safety and Information Card which contains the following but not limited to:

- Name of the player.
  - Home telephone number.
  - Emergency contact if parent not available plus phone number, for players under the age of 18 an emergency medical treatment release signed by the parents.
  - Any allergies to any medicines or treatments, stings or bites.
  - If they are currently taking any medication and when.
  - Emergency numbers of police, hospital, ambulance, and fire.
  - Local phone number to be used to call location and or how to get to it.
1. Warm-up stretching.
  2. Fitness of the players.
  3. Equipment
    - Properly fitting shoes, etc.
    - Uniforms designed for cold weather.
    - Uniforms color and material conducive to climatic conditions.
    - Shin guards mandatory for training and games.
    - No jewelry.
  4. Ample supply of water.



5. Ample breaks for the players to rest and receive fluids.
6. Training times and game time away from period in the day of high heat and humidity.
7. If a player is injured inform the parents.
  - If the parents are not at the game follow with a phone call of what took place.
  - It is recommended that if the player has to go to the doctor the coach should request a written permission slip for the player to return to activity.
8. Coaches need to know:
  - Rest.  
Ice.  
Compression.  
Elevation.
  - Strains.
  - Sprains.
  - Blisters.
  - Broken bones and recognition of them.
  - Cramp.
  - Heat exhaustion and heat stroke.
  - Concussion and head injuries.
9. Rules of thumb when handling an injured player:
  - Avoid panic.
  - Check for breathing, bleeding, consciousness, deformity, discoloration, and shock.
  - Dependent upon nature of injury avoid **moving** the patient.
  - Inspire confidence and reassure patient.
  - Use common sense.
  - Seek professional help.
  - Check for history of injury (how it happened).
10. Use certified athletic trainers when available.
  - Always ERR on the side of caution.
11. If a players parents are involved with medical profession e.g. orthopedic, internal medicine it is a good idea to have them attend your games → Set up a local network.



Note to Instructors: **Encourage all coaches to take an American Red Cross Sports Safety Training certification class.**

### **The Circle of Care**

One method of conceptualizing the health related concerns associated with athletic activity is to use a model. The Circle of Care, shown below, breaks down athletic activity and injuries into compartments, beginning with the preventative preseason measures call “prehabilitation” and continuing through injury recognition, first aid, diagnosis and treatment, rehabilitation and finally back into prehabilitation as one returns to activity.

