

## ***Sports injury prevention, treatment and referral information for websites***

### **Information for coaches**

#### **Preventing injuries**

Preventing injuries is a key part of player safety and encouraging enjoyment of the sport.

The following are some tips for preventing injuries during practices and games:

- Plan a proper warm up before all practices as well as games.
- Check all players have water to keep hydrated during the session or game.
- Ensure everyone has the protective equipment they need (eg mouth guards, shin pads).
- Check for players with previous injuries.
- Make sure any fitness drills and skills training are appropriate for the players' age and stage so they're not being asked to do things that could cause an injury.
- Make sure players cool down and stretch afterwards to avoid cramp and muscle injuries.

Consider what needs to be in place if a player gets injured:

- Have a first aid kit on hand and check it's fully stocked.
- Have the contact details for players' parents.
- Check if any parents have first aid certificates and are available to attend practices and/ or games.
- Make sure you have this injury treatment and referral guide on hand.



#### **What to do if a player gets injured**

- Check the player can safely be removed from the game. If you are concerned they have a major injury, call for medical assistance or an ambulance.
- Move them to sideline and do a quick assessment of the injury.
- Follow the injury treatment and referral guideline in your first aid kit for information on:
  - immediate treatment – what to do straight away
  - where to refer the person to – for further advice or treatment.

- Details from the outline are in the chart below.

# SPORTS

Injury & illness treatment and referral information

**WITH ALL INJURIES:**

- **QUICK ASSESSMENT**  
Ideally by a trained first aider:  
Can the patient get to the sideline?  
If not, call 111.
- **AT THE SIDELINE:**
  - Provide immediate treatment
  - Provide information on what to do and where to seek further treatment.

- **OPTIONS FOR FURTHER TREATMENT:**  
**Weekdays:**  
Call your general practice (GP) or Healthline on 0800 611 116.  
**Weekends:**  
For urgent or after hours care, contact your general practice in the first instance for advice. Or visit the Whanganui Accident & Medical (WAM) service located at Whanganui Hospital. Open every day from 8am-9pm.

| Sprain, strain & possible fracture  | Cuts and wounds   | Head injury   |
|---|---|---|
| <b>IMMEDIATE TREATMENT</b><br>Check the injured area  | <b>IMMEDIATE TREATMENT</b><br>Clean Cover Check   | <b>IMMEDIATE TREATMENT</b><br>Check concussion symptoms: unconscious, drowsy, can't move limbs, vomiting                        |
| <i>Where to go next</i>   | <i>Where to go next</i>   | <i>Where to go next</i>   |
| <b>Home (Self Care)</b><br>To rest and follow RICED guidelines if minor swelling and bruising.                        | <b>Home (Self Care)</b><br>To rest and monitor minor wounds.  | <b>Home (Self Care)</b><br>To rest and monitor, if minor knock to head.   |
| <b>Weekday</b><br><b>1</b> Call your general practice (GP) if in pain or can't use limb as normal.                    | <b>Weekday</b><br><b>1</b> Call your general practice (GP) if wound is gaping, has something in it, or is not healing after 2 days. | <b>Weekday</b><br><b>1</b> Call your general practice (GP) if in severe pain or brief loss of consciousness.                    |
| <b>Weekend</b><br><b>2</b> Visit an after hours service if can't use limb as normal and its very painful.             | <b>Weekend</b><br><b>2</b> Visit an after hours service if wound is gaping, has dirt or something else in it.                       | <b>Weekend</b><br><b>2</b> Visit an after hours service if any loss of consciousness or in severe pain.                         |
| <b>Emergency</b><br><b>3</b> Go to the Emergency Department if in severe pain and limb is pale, cold and/or deformed. | <b>Emergency</b><br><b>3</b> Go to the Emergency Department if wound is large or deep and there is large blood loss.                | <b>Emergency</b><br><b>3</b> Call 111 if unconscious or go to ED if drowsy, acting strange, vomiting, can't move parts of body. |

**ALL: If concerned, call local doctor or Healthline 0800 611 116. If an emergency, call 111 or go to ED.**