Sports injury prevention, treatment and referral information for websites

Information for coaches

Preventing injuries

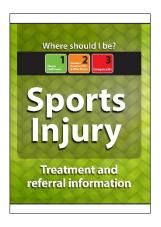
Preventing injuries is a key part of player safety and encouraging enjoyment of the sport.

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:
 - o 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:

 OUICK 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:

Call your general practice (GP) or Healthline on 0800 611 116.

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

IMMEDIATE TREATMENT Check the injured area

Cuts and wounds

IMMEDIATE TREATMENT

Clean Cover Check

Head injury

IMMEDIATE TREATMENT

Check concussion symptoms: unconscious, drowsy, can't move limbs, vomiting

Where to go next

Where to go next

Home (Self Care)



To rest and follow RICED guidelines if minor swelling and bruising.

Where to go next



Home (Self Care) To rest and monitor



minor wounds.

Home (Self Care)



To rest and monitor, if minor knock to head.

Weekday

Call your general practice (GP) if in pain or can't use limb as normal.

Weekday

Call your general practice (GP) if wound is gaping, has something in it, or is not healing after 2 days.

Weekday

Call your general practice (GP) if in severe pain or brief loss of consciousness.

Weekend

Visit an after hours service if can't use limb as normal and its very painful.

Weekend

Visit an after hours service if wound is gaping, has dirt or something else in it.

Weekend

Visit an after hours service if any loss of consciousness or in severe pain.

Emergency

Go to the Emergency Department if in severe pain and limb is pale, cold and/or deformed.

Emergency

Go to the Emergency Department if wound is large or deep and there is large blood loss.

Emergency

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.