

[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 trained first aider: can they 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 family doctor or Healthline 0800 611 116
 - Weekends: call or go to After Hours: 9am-5pm based at Masterton Medical Centre Phone 06 370 0011

Sprain, strain & possible fracture

- Immediate treatment**
- Check the injured area

Where to go next:

- Home:** to rest and follow RICED guidelines if minor swelling and bruising

1 Weekday: call family doctor if in pain or can't use limb as normal

2 Weekends: visit After Hours if can't use limb as normal and very painful

3 ED: go to ED if in severe pain and limb is pale, cold and/or deformed

Cuts & wounds

- Immediate treatment**
- Clean
 - Cover
 - Check

Where to go next:

- Home:** to rest and monitor minor wounds

1 Weekday: call family doctor if gaping wound, has dirt or something inside wound or if not healing after 2 days

2 Weekends: visit After Hours if gaping wound, has dirt or something inside wound

3 ED: go to ED if large or deep wound and large blood loss

Head injury

- Immediate treatment**
- Check concussion symptoms: unconscious, drowsy, can't move limbs, confused, vomiting

Where to go next:

- Home:** if minor knock to head to rest and monitor

1 Weekday: call family doctor if any loss of consciousness or in severe pain

2 Weekends: visit After Hours if any loss of consciousness or in severe pain

3 ED: call 111 if unconscious or go to ED if drowsy, acting strange, vomiting, can't move parts of body