

# ITF Coaches Education Programme



Coaching Beginner and Intermediate Players Course

## First Aid

# Introduction



- Introduction
  - Prepared
  - Remain calm and confident
- Assessing the Scene of the Accident
  - Safe
  - Predetermined signal
- Identifying Casualties
  - Treat serious injured first
  - Very quiet

# Emergency Phone Numbers

- Working phone on site
- Know the number and location of nearest hospital
- Local Ambulance company
- Medical emergency
- Emergency vehicle-enter
- Emergency phone numbers

# Emergency Phone Numbers

- Activate emergency number
  - Number of people in need of care
  - Ages
  - Location
  - Report
- Parent or guardian notified
- Emergency takes precedence over calling family members

# First Aid Kit Essentials



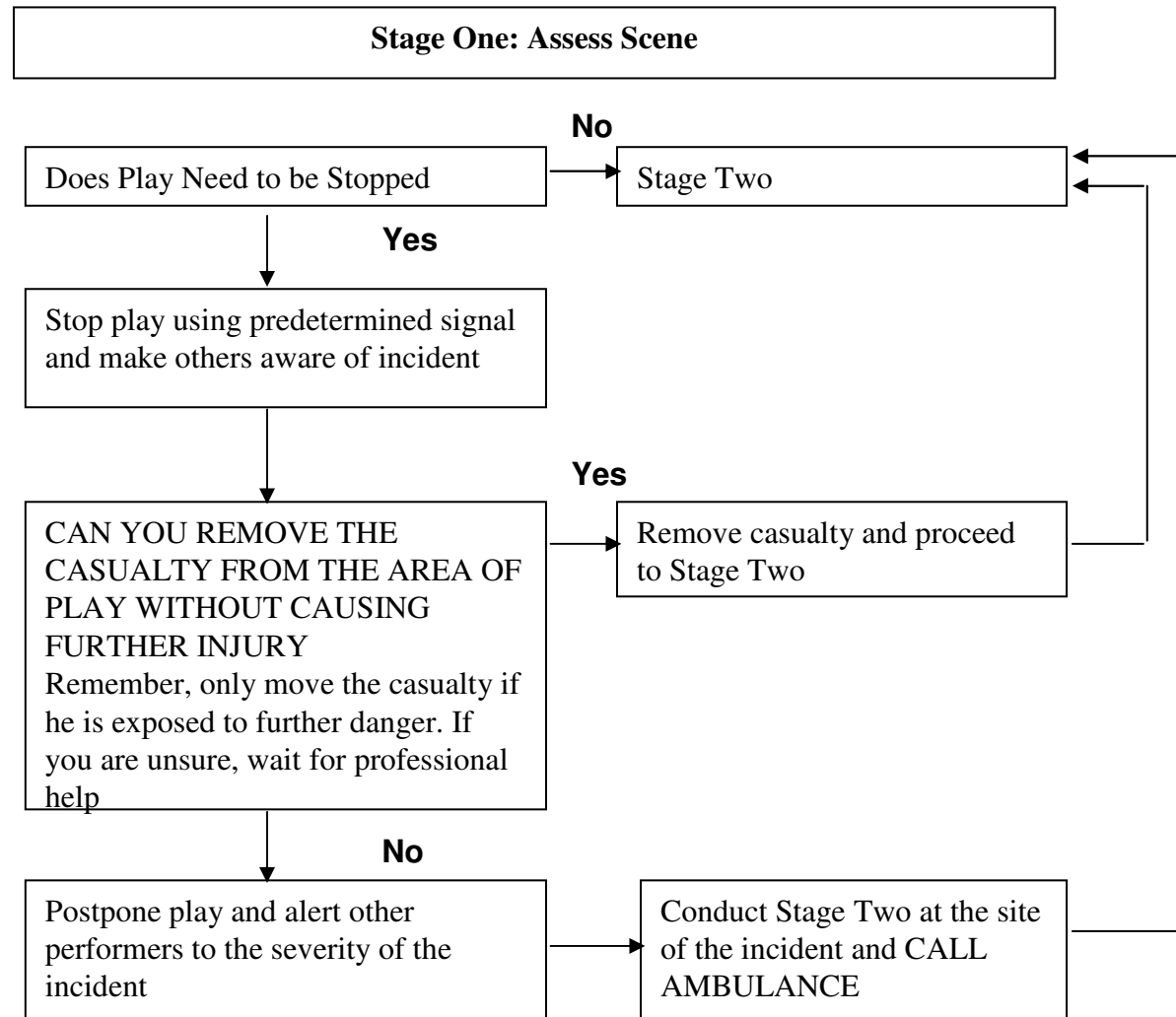
- First aid kit on site - Comfort zone
- Physician
- First Aid Kit contents
- Sterile dressings
- Plasters
- Bandages
- Sterile gauze
- Adhesive tapes

# First Aid Kit Essentials

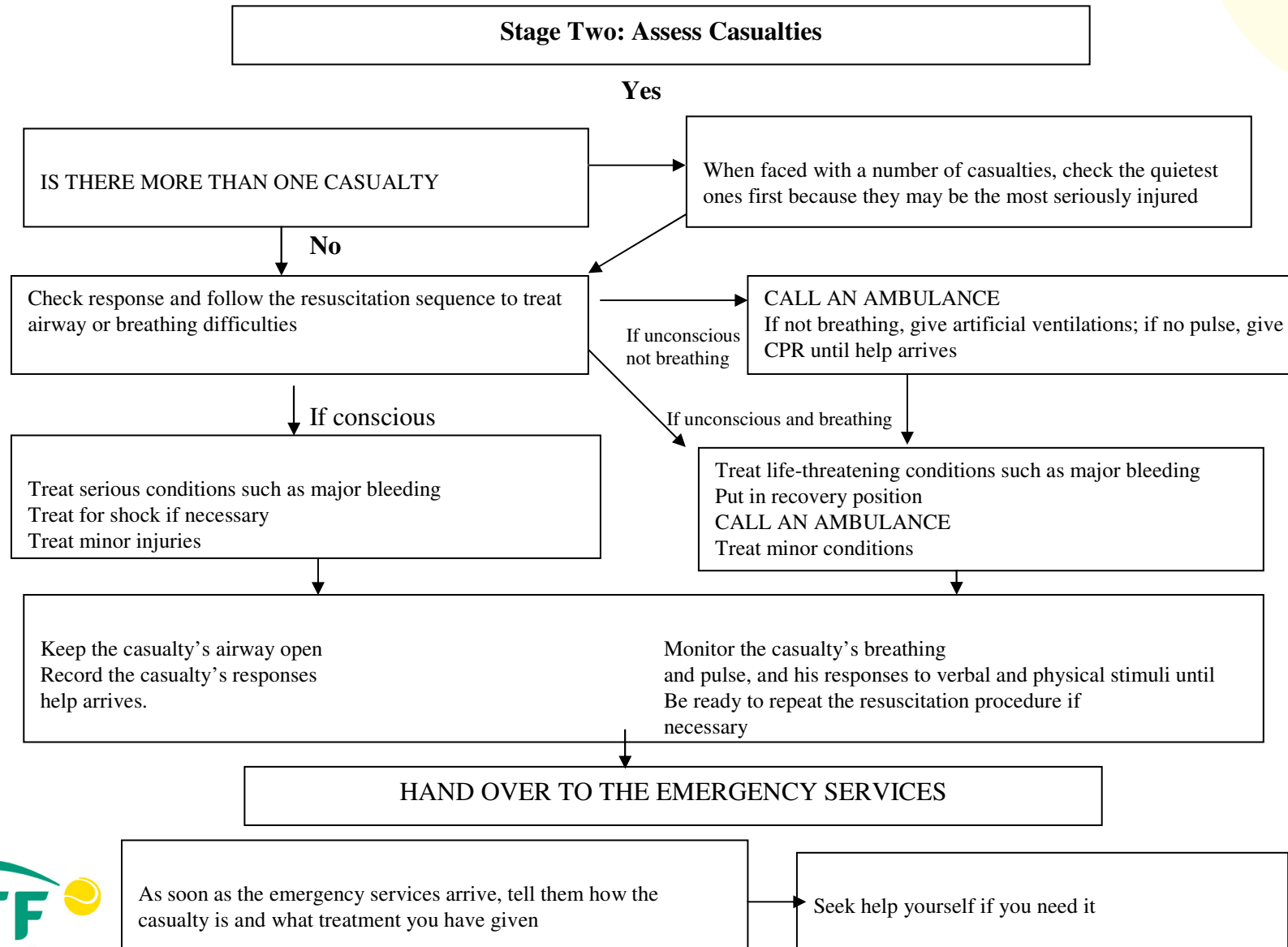


- Useful Additions to First Aid Kit:
  - Tweezers
  - Scissors
  - Plastic, disposable gloves
  - Wound cleansing wipes
  - Notepad and pencil
  - Blanket
  - Sunscreen
  - Ice or Ice packs
  - Gloves

# Emergency Action Plan-Table 1



# Emergency Action Plan-Table 2





# On-Site Emergency Care



- Dealing with Body Fluids
  - Blood to blood contact
  - Cross-infection to a minimum
- How to Avoid Cross-infection
  - Wash hands
  - Wear Gloves
  - Cover the wound
  - Disposing of waste
- After treating a casualty
- Disposal procedures

# Bleeding



- Definition
- Treatment
  - Examine the wound
  - Apply direct pressure to the wound
  - Raise and support the limb
  - Place a sterile dressing over the wound
  - Check for shock
- Hospital

# Treating Cuts and Grazes

- Definition
- Aim
  - To stop the wound from infection
  - To control any bleeding
- You will need
  - Disposable gloves
  - Sterile gauze swabs or antiseptic wipes
  - Plaster or dressing

# Treating Cuts and Grazes



- Treatment
  - Rinse the wound under cold running water
  - Carefully clean the area around the wound
  - Remove any loose foreign objects
  - Gently dry the area around the wound
  - Apply a plaster to the affected area
  - Rest the injured part

# Sprains and Strains



- Definition
- Aim
  - To reduce the swelling and pain
  - To get casualty to hospital
- You will need
  - Cold Compress
  - Padding and bandage

# Sprains and Strains



- Treatment
  - Rest and raise the injury
  - Apply a cold compress to the limb
  - Soft padding
  - Elevate the injured limb
- Serious Injury
- R.I.C.E.

# Treating Broken Bones



- Definition
- General Rules of Treatment
  - Receive hospital treatment
- Aim
  - To keep the injured limb steady
  - To get the casualty to hospital
- Treatment
  - Steady and support injured part
  - Treat casualty for shock
- Do not allow casualty to drink or eat

# Cramp



- Definition
- Aim
  - To relieve the pain
- You will need
  - Slightly salted water
- Treatment
  - Stretch the affected muscles
    - Hand
    - Foot
    - Calf
    - Thigh
  - Give the casualty a drink



# Heat Illness



- Dehydration and overheating
- Hot, humid conditions - Little wind
- Heat Index
- Symptoms
- Heat stroke
- Prevention
- Emergency transport
- Cooled

# Friction Burns and Blisters

- Definition
- Aim
  - To relieve pain
  - To minimize the risk of infection
- You will need
  - Soap and clean cold water
  - Clean pad
  - Plaster or sterile dressing
- Treatment
  - Clean the affected area
  - Gently dry the affected area
  - Apply a plaster

# Sunburn



- Definition
- Aim
  - Out of the sun
  - Discomfort and pain
- You will need
  - Cold water and a sponge
  - Drinking water
  - Calamine lotion/after sun-cream

# Sunburn



- Treatment
  - Cover skin with light clothing
  - Casualty cool
- Sunburn is mild
- Hospital
- Important-prevention

# Acute Allergic Reactions



- Insect bite
- Reaction can range
- Treated with ice
- Rash
- History of severe allergic reactions

# Medication



- Medication on site-No
- Anti-doping banned list
- Player's responsibility
- Never supply
- Doping control

# Thunderstorms and Lighting

- Lighting
- 30-30 rule
  - 30 seconds and less
  - Activity resume until 30 minutes elapsed
- Seek Shelter
- Locations to avoid
  - Open fields
  - Proximity to open water
  - Trees, flag poles, and light poles

# Other Emergencies



- Life threatening emergencies
- Job
- Important