

## SPORTS FIRST AID (SPORTS MEDICINE) ASSISTANCE SPORTS TRAINER SERVICES

Sports First Aid coverage at ETSA PARK for CITY NIGHT COMPETITION, AMND COMPETITION, STATE LEAGUE & RESERVES, MASTERS NETBALL COMPETITION, & WINTER TRAINING NIGHTS is provided by **SPORTS TRAINER SERVICES**, a group of trained and accredited Level 1 & 2 Sports Trainers. All Sports Trainers are currently accredited members of Sports Medicine Australia and are available to provide first aid in a life-threatening, crisis situation involving a serious injury to a player, spectator, umpire or official. In the case of a player having a qualified sports trainer available maximises the possibility of a player being treated quickly and carefully and minimises the risk of long term injury. Sports trainers are available to deal with initial care of an injured player and/or to provide the best chance of a quick and complete recovery. Safety is a high priority when playing sport and **our team are COMMITTED** to ensuring that they can reduce the severity of the injury by putting in place correct procedures as soon as an injury occurs. They can also provide pre-event taping and advice on how to prevent injuries. Injury prevention and injury management are key components of providing a safe sporting environment.

**Pre Event Taping** if required will be provided by the sports trainers. Taping is a commonly used skill to prevent injury and reduce the severity of an injury; **it should not be used to assist a player to continue when indicators are that they should not be playing. Please provide your own tape or be prepared to purchase a roll of tape or pay for tape product used.** If you are unsure what taping method is needed for your specific problem, be prepared to provide information regarding your injury or problem. This will assist the sports trainer to use the most suitable taping method. There are many different methods of taping a knee for example. Please assist us by providing feedback about your taping so that we can improve or alter it as required. During this process you may be requested to complete an "Injury Report Form" if the sports trainer finds a problem that may need further medical advice and follow-up. **We request that players U16 present with a parent or guardian.**

### **Medical Guidelines for Participants**

#### ***Injury Prevention***

##### **Remember:**

- Adequate diet, hydration and sleep.
- Adequate fitness appropriate for your level of sport.
- Warm up and Cool down – helps prepare the body for exercise

Exercise should begin with a 15-20 minute warm up period and a similar cool down period after exercise. Exercise may be associated with significant fluid loss, particularly if conditions are warm, so fluid replacement is important to avoid dehydration, heat induced illness and impaired performance. A suitable regime would be 500 ml (2-3 glasses) of cold water 1/2hr to 1hr before exercise and then every 20-30 minutes as appropriate.

Pre-competition meals should:

- Be familiar; do not experiment with new foods prior to competition.
- Allow time for comfortable digestion before competition if possible.
- The meal should be high in carbohydrates (pasta, bread, cereals, fruit and vegetables) to provide energy, and be low in fat, protein and fibre and ensure adequate fluid intake with your pre-event meal.

Don't compete if unwell, particularly if you have a fever or are experiencing chest pain or dizziness. Similarly if you develop any symptoms during competition slow down **or stop and call for help.**

#### ***Injury Management***

The most useful first aid management of any acute injury is to initiate "**RICER**" which aims to reduce bleeding and swelling and assist in pain relief.

- Rest – stop all activity
- Ice - 15-20minutes every 2 hours if possible for 48 hours (not directly on to the skin).
- Compression
- Elevation
- Referral – to a doctor/physiotherapist if injury shows no sign of improvement or if pain is severe.

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**REMEMBER do NO “HARM” in the first 48 hours.**

- No Heat – no hot baths, heat rubs, spas, hot water bottles
- No Alcohol – for the first 48-72 hours as it increases swelling
- No Running – stop all vigorous activity
- No Massage – for the first 48-72 hours

***Duty of Care and Injured Athletes***

If you have an injured player (or spectator/official) with HEAD AND/OR NECK trauma, or any other potentially serious injury such as:

- CHEST PAIN
- ASTHMA OR RESPIRATORY ILLNESS
- A BACK INJURY
- A SUSPECTED FRACTURE
- SERIOUS KNEE INJURY

**DO NOT MOVE** the injured person especially if you are unsure of the extent of their injuries. Send a runner to notify the sports trainer/s on duty or alternatively telephone the First Aid Room on your mobile, and they will attend to the player (spectator or official) at the site.

It is the sports trainer’s responsibility to assess the situation and to determine further care.

***Injury Report Form*** – It is important that the sports trainer keeps clear and accurate records of all injuries managed. This is regardless of how serious a sports trainer perceives the injury to be. The Injury Report Form provides a record of the sports trainer’s observations, assessment and management of a particular injury or problem. These forms are for:

- the sports trainer’s trainers records
- the player or parent
- referral
- legal purposes

These forms ensure that key steps of the assessment regime are not omitted and provide a national standard to which all sports trainers are expected to confirm. Injury report forms can assist in identifying injury trends/patterns. The injured player (spectator or official) is required to provide information re their injury for record purposes. A copy of this form is retained by the injured person and the other by the sports trainer.

**THE PHONE NUMBER FOR THE FIRST AID ROOM IS 8238 0517. PLEASE PLACE THIS NUMBER INSIDE YOUR TEAM FIRST AID KIT.**

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