

Knowing and communicating with the child is the key to making an injury assessment. The coach first must gain a basic knowledge through training of injury recognition. Removing a child and return them to active participation is the coach's responsibility. It is the coach's decision as to whether immediate injury care is appropriate.



Assessing an Injury

When there is any indication of injury to a child the coach must make an assessment;

1. With head injuries always Remove From Play (RFP) - procedure allows the coach to assess whether the injury seems severe and to determine whether the participant should continue with the activity.
 - Stop
 - Talk
 - Observe
 - Prevent further injury (Refer to Concussion Training)
2. With signs of over exertion allow time for recovery and observe closely. RFP if there is not noticeable improvements I activity level.
3. RICER regime Management of sprains, strains, corks, bumps and bruises should follow this procedure: Rest, Ice, Compression, Elevation, Record (RICER)

Remove the participant from the competition area using a method of transport that will prevent further damage

- Place the participant in a comfortable position, preferably lying down
- The injured part should be immobilized and supported Further activity will increase bleeding and damage Ice applied to the injury

Ice decreases swelling, muscle spasm, and secondary damage to the injured area; the conventional methods are:

- crushed ice in a wet towel/plastic bag
- immersion in icy water
- commercial cold pack wrapped in a wet towel Apply for 20 minutes every two hours for the first 48 hours Caution:
- Do not apply ice directly to skin as ice burns can occur
- Do not apply ice to people who are sensitive to cold or have circulatory problems

Compression applied to the injured area Apply a firm, elastic, compression bandage over a large area covering the injured part, as well as above and below the injury Compression reduces swelling and provides support for the injured part Elevate the injured area Raise the injured area above the level of the heart whenever possible

Elevation decreases bleeding, swelling and pain. Refer and record • Refer to an appropriate health care professional for definitive diagnosis and continuing management

Record your observations, assessment and initial management before referral — send a copy of your records, with the participant, to the health care professional to obtain an accurate, definitive diagnosis and for continuing management (including anti-inflammatory medication) and prescription of a rehabilitation program

4. With minor injury - Play on but be diligent.