

GOALS

- This course is designed to instruct coach very basic first aid techniques to protect the players under your guidance.
- This presentation only provides a brief overview of the issues that you may face during the time you are with these players.
- Recommend – 8 hour First Aid & CPR Course

LEGAL PROTECTION

- **Good Samaritan Law RCW 4.24.300**
 - **Qualified Immunity from liability for certain types of medical care.**
 - Any person, including but not limited to a volunteer provider of emergency or medical services, who without compensation or the expectation of compensation renders emergency care at the scene of an emergency or who participates in transporting, not for compensation, therefrom an injured person or persons for emergency medical treatment shall not be liable for civil damages resulting from any act or omission in the rendering of such emergency care or in transporting such persons, **other than acts or omissions constituting gross negligence or willful or wanton misconduct.**

Concussion signs observed include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays, positions or past immediate performance
- Is unsure of game, score, or opponent
- Moves clumsily or displays lack of coordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can't recall events prior to hit
- Can't recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

Late symptoms of concussion may include one or more of the following:

- ** Unconsciousness
- ** Nausea or vomiting
- Balance problems or dizziness
- Blurred, double, or fuzzy vision
- Pressure in head
- Neck pain Sensitivity to light or noise
- Feeling sluggish or slowed down
- Feeling foggy or groggy
- Drowsiness
- Repeating the same question/comment
- Change in sleep patterns
- Amnesia
- “Don’t feel right”
- Fatigue or low energy
- Sadness
- Nervousness or anxiety
- Irritability
- More emotional
- Confusion
- Concentration or memory problems (forgetting game plays)

IMMEDIATE TREATMENT

- Remove from play
- Have child evaluated by qualified Health Care provider
 - MD, DO, PA, Trainer, ARNP
- Generally observe at home
 - Any change in signs and Symptoms, immediate return to Emergency Room or Health Care Practitioner

SOME IMPORTANT PRINCIPLES WHILE COACHING

- **First - DO-NO-HARM**
- The short person under your care is a child
 - Do not treat them as professional athletes
 - Having fun is the primary priority
- **Kids get injured**
 - The **LOUDER** a child cries the less injury they sustained
 - The **QUIET** ones are the one that should worry you
- Most injuries are minor and can be treated with simple measures
- **It will be highly UNLIKELY that you will encounter a life threatening injury**

BASIC PRINCIPLES OF FIRST AID

- **A, B, C, D – CALL 911**
 - Airway
 - Open and listen for air exchange
 - Breathing
 - Look for obstruction – gum or tobacco – sometimes food
 - Circulation
 - Create a circulation
 - Control bleeding
 - Defibrillation if necessary
 - Call – 911



HEAD AND NECK

- **HEAD** - Skull Fractures or facial injuries

- Depressed or Penetrating
- Concussion



- **Eye Injuries**

- Foreign bodies
- Fingers into the eye
- Corneal Abrasions/lacerations
- Struck by ball



- **Teeth Injuries**

- Chipped or loose teeth – see dentist as soon as possible
- Tooth displaced - Keep the tooth
- Try to re-implant if you have the whole tooth plus the root structure
 - » **MAKE SURE IT POINTS THE RIGHT WAY**
- Place in a cup of milk and have the parent transport to their dentist or the ER
- Tuck tooth in-between cheek and gum – transport to dentist or ER

- **NOSE** – Fractures

- Bleed a lot
- Direct Pressure on the sides (bridge) of the nose controls bleeding
- Ice
- Seek medical attention

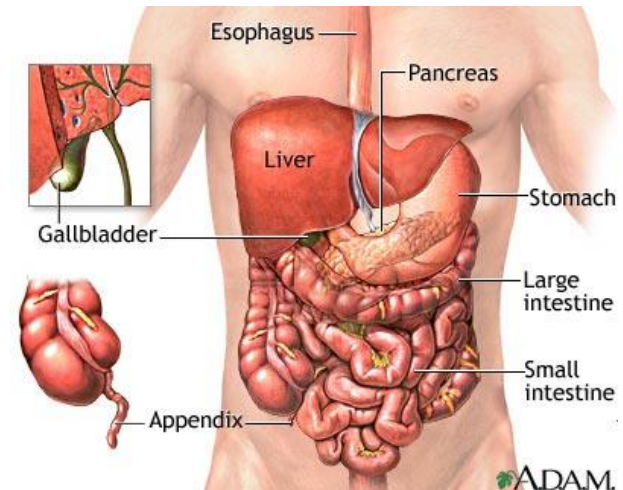
HEAD AND NECK

- **NECK** - Neck Injuries
 - Stabilize head with hand stabilization
 - Obstructed Airway's need to be cleared
 - Do not manipulate the head
 - Significant Neck Injury
 - Numbness, burning sensation
 - inability to move lower extremities
- **NEUROLOGIC**
 - Epileptic
 - Head Trauma Induced
 - High internal temperatures
 - Environmental caused
 - Low Blood Sugar
 - Diabetic?
 - Current Medical Condition?



CHEST AND ABDOMEN

- **CHEST** - Chest Trauma
 - Rib Fractures
 - Respiratory Distress
 - Respiratory Arrest
- **CARDIAC ARREST** - Hit by pitched ball in the chest
 - Heart operates on electrical discharge
 - Cardiac Contusions
 - Pre-disposition with a hidden or occult cardiac defect
- **ABDOMEN** - Abdominal Injuries
 - Spleen
 - Liver
 - Penetrating Injuries



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– RESPIRATORY EMERGENCIES

- Asthma
- Allergic Reactions
 - Bee Stings
 - Peanuts
- Epi Pens



ARMS AND LEGS

Fingers and Toes

– **SKELETAL** - Fractures

- **Fractures**

- Management – splint, ice and transport

- **Sprains and Strains**

- Sprain involves the ligaments supporting a joint

- » Ligaments attach bone to bone

- Strains involves muscles and tendons

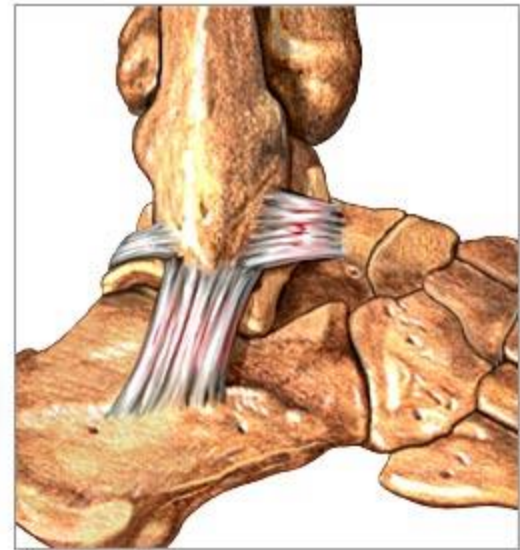
- » Tendons anchor muscles to bone

Sprains

Ice Compression Elevation (ICE)

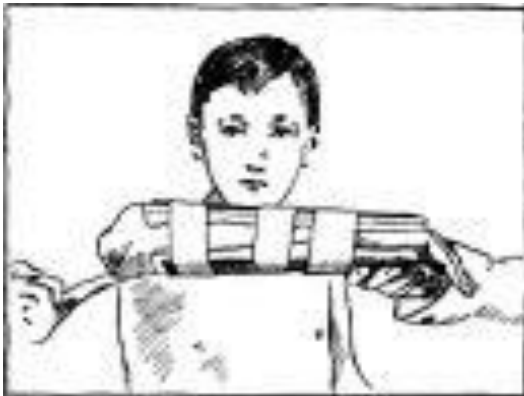


Type I Sprain
• ligaments stretched



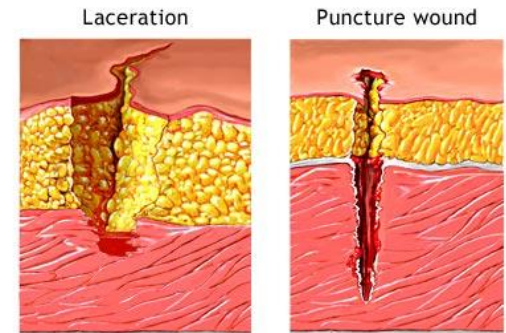
Fractures

Splint & Ice, Compression, Elevation (ICE)



SKIN

- Contusions
- Abrasions
- Lacerations
- Punctures



ADAM.



EVERYTHING ELSE

– ENVIRONMENTAL

- Dehydration
 - Periodic Rest and Fluid Replacement
- Hypothermia
 - Low body temperature – warm and dry
- Hyperthermia
 - High Body Temperature
 - » Heat Exhaustion – stopped sweating – increase body temperature
 - » Heat Stroke – high body temperature, unconsciousness and possible seizures
- Sunburn
 - Treat with Aspirin (internally) and White Vinegar (externally)

INITIAL INJURY MANAGEMENT

- **Airway Breathing Circulation** – if child is laying on ground resist the urge to pick them up
- Opening and maintaining an **airway**;
- **Breathing** for the ill or injured persons;
- Check for **Circulation**
 - Administering cardiopulmonary resuscitation

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- Provide first aid for simple and multiple system trauma
 - Controlling bleeding,
 - Bandaging wounds,
 - Manually stabilizing injured extremities.
- Liberal Application of ICE on Sprains & Strains
 - ICE = Ice, Compression, Elevation
 - Real Ice or Chemical Packs?

ACCESS EMS SYSTEM

911 – know your location

- Call 911 for the following
 - Cardiac or respiratory arrest
 - Difficulty in breathing
 - Uncontrolled bleeding
 - Fractures that stick through the skin
 - Unconsciousness
 - Seizures
 - Allergic Reaction
 - Things poking out of - or into them

REPORTING THE INCIDENT

- Liability Issues.
 - Do the right thing
 - State provides qualified immunity
- Provide written documentation to league as per league protocol.
 - Incident Reporting Form
 - Name
 - Incident
 - Treatment
 - Disposition

BIOLOGIC - INFECTIOUS DISEASE PROTECTION

- **If it is wet and not yours, don't touch it**
 - Wash your hands after treating bloody or snotty kids
 - Lots of product on the market
 - Wear gloves if available
 - Don't freak out if you get blood or body fluid on your skin
 - Transmission of infectious disease is remote through intact skin

Play or Not Play

- This is a decision that you should make after evaluation of the child's injury.
- The safe course is to have them sit out for a period of time.
- **DO NOT** be influenced by parental desire for “Johnny or Janie” to gut it out – **“no blood no foul” is not the rule of the day**

First Aid Kit Essentials

- Band-Aids
- Tape 1" or 1.5 inch
- Ice Packs – Ziploc bags or chemical
- Splinting Material
 - Newspapers
 - Magazines
- Disposable gloves
- Paper Cups
- 4x4 gauze pads
- 2" or 3" Gauze Wrap
- Small Water bottles
 - Washing off cuts and scrapes
 - Irrigating the eye
- Antibiotic Ointment
 - Neosporin
- Safety Scissors
- Tweezers
- Cell Phone