

IMPORTANT INFORMATION FOR PRIMARY CARERS

DUTY OF CARE & INJURED PLAYERS

Please note the following information regarding injured players:

If you have an injured player on the court with HEAD AND/OR NECK trauma, or any other potentially serious injury such as:

- *ASTHMA OR RESPIRATORY ILLNESS*
- *ABACKINJURY*
- *A SUSPECTED FRACTURE*
- *SERIOUS KNEE INJURY*
- *HEAD INJURY OR NECK INJURY*

DO NOT MOVE the injured player especially if you are unsure of the extent of their injuries. Send a runner to the first aid room to notify the sports trainer/s on duty and they will attend to the player on the court.

HEAD AND NECK INJURIES ARE POTENTIALLY SERIOUS.

If the player is conscious you can ask the following questions:

- *What happened?*
- *Do you feel any pain in the neck?*
- *Do you have normal feeling in all four limbs?*
- *Can you move your limbs?*
- *Do you have any burning or pins and needles in your hands or feet?*
- *Check who observed the incident i.e. other witnesses*
- *Consider very carefully whether or not you should allow them to continue playing.*

REMEMBER ALL SUSPECTED HEAD INJURIES REQUIRE URGENT MEDICAL ASSESSMENT.

The syndrome of concussion is very common in sport.

The cause can be:

- *A blow to the face or head.*
- *The head coming to a sudden stop or being propelled forward suddenly• resulting in a sudden acceleration/deceleration e.g. landing on the back after a fall from a height, being pushed to the ground.*

IF THERE IS ANY POSSIBILITY OF SERIOUS INJURY:

- *Tell the player not to move*
- *DO NOT MOVE OR AID THE PLAYER TO THEIR FEET*
- *Call for assistance from the first aid room IMMEDIATELY*

MANAGEMENT OF AN INJURED PLAYER

If you send someone to the first aid room or sports trainer TO OBTAIN ICE, it is the sports trainers' responsibility to:

Ensure that there are no life-threatening problems. If there is, these must be identified and managed immediately.

To arrange for further care of the player which may include:

- On-field assistance.
- Assistance from the court, by wheelchair or stretcher.
- Calling an ambulance if necessary.
- Arranging for referral to a doctor or hospital.
- Notification of parents.
- We are obligated under a DUTY OF CARE to provide assistance. Everyone needs to be mindful of the possible ramifications surrounding the mismanagement of any injury and remind term personnel of the appropriate course of action when they have an injured player.
- If the player is U16 they must be accompanied by a parent or carer when seeking assistance from the first aid room.

IMPORTANT INFORMATION FOR PLAYERS, COACHES, PARENTS & PRIMARY CARERS GIVING OUT ICE OR REQUESTING ICE FROM THE FIRST AID ROOM

If you send someone to the First Aid room to obtain ice it is the sports trainer's responsibility to:

Ensure that there are no life-threatening problems. If there is these must be identified and managed immediately.

Arranging for further care of the player may include:

1. On field assistance
2. Assistance from the field of play by wheelchair or stretcher
3. Calling an Ambulance
4. Arranging for referral to a medical professional
5. Notification of parents

If you present to the First Aid Room or Sports Trainer requesting ice and are the parent of a child with an injury or you are an adult player, and you do not require assistance for the injury you may be asked to complete an Injury Management Form stating that you do not require any treatment and will not hold us responsible should you find later that the injury was worse than you first thought.

WE ARE OBLIGATED UNDER A DUTY OF CARE TO PROVIDE ASSISTANCE TO PROTECT ANY LIABILITY TO YOUR ORGANISATION AND OURSELVES.

Everyone needs to be mindful of the possible legal ramifications surrounding the mismanagement of an injury and remind team personnel of the appropriate course of action and "Duty of Care" when they have an injured player.

If you send a child (U18) to the First Aid Room for ice we must send a trainer with them to the court to ascertain the extent of the injury, this is not the responsibility of a child.

If you are the Primary Carer or other spectator you may be asked to sign for the ice after identifying that you do not require any further assistance with the player concerned and that the injury management is now your responsibility.

The correct treatment for Soft Tissue Injuries (Sprains, Strains & Bruises) is

R.I.C.E.R (according to Sports Medicine Australia guidelines)

Rest STOP the activity and place the athlete in a comfortable position.

Ice Apply an ice pack. Do NOT place directly on the skin. Wrap in a damp cloth. Apply for 20 minutes every 2 hours for the next 48-72 hours. Check for cold burns/sensitivity when applying ice. Where possible — combine ice with compression.

Compression Apply a firm wide compression bandage over a large area covering the injured part, as well as, above and below the injured part. CHECK circulation.

Elevation Elevate the injured limb higher than the heart if practicable

Referral Refer to a doctor/physiotherapist. If injury shows no sign of improvement after 48 hours or pain is severe.

Note: If unsure of Injury refer immediately

THE FIRST LETTER IN RICER STANDS FOR REST — you cannot ice an injury whilst you are playing and you should not take the court for at least 15 minutes whilst you ice correctly and then wait another 15 minutes to warm up the injury site (total of 30 minutes). You should wait for the injured area to return to NORMAL body temperature and then if NO PAIN actively warm-up. You should not take the court whilst your injury is still cold or you may cause yourself another injury or sustain further damage.

It is the role of a sports trainer to make sport safer. We are responsible for implementing the appropriate injury prevention and treatment protocols.