

## **FIRST AID ASSISTANCE©**

**First Aid coverage is provided by SPORTS TRAINER SERVICES a group of accredited Level 1 & 2 Sports Trainers. All Sports Trainers are currently accredited members of South Australian Sports Medicine Association (SASMA) or Sports Medicine Australia.**

### **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.



If you require pre-event strapping, PLEASE PROVIDE YOUR OWN STRAPPING TAPE.

#### **Pre-competition meals should:**

- Be familiar; do not experiment with new foods prior to competition.
- Eat at least 2 hours before competition to allow time for comfortable digestion.
- The meal should be high in carbohydrates (pasta, bread, cereals, fruit and vegetables) to provide energy, and be low in fat, protein and fibre.
- 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 - 15-20 minutes every 2 hours if possible, for 48 hours (not directly on to the skin).
- Compression
- Elevation
- Referral – to a doctor or hospital or physiotherapist if injury shows no sign of improvement or if pain is severe.

#### **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 athlete (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.** Notify the sports trainer/s on duty and they will attend to the athlete at the site where the injured occurred. The sports trainer will assess the situation and then will determine further care.

Sports Trainers are not permitted to administer medication, however we can supply Asthma Medication if needed. We do not carry EpiPens.

**An Injury Report Form** must be completed, and the injured athlete is required to provide information re their injury for record purposes. A copy of this form is retained by the injured athlete and the other by the sports trainer.