

FIRST AID FOR COACHES & MANAGERS



Many teams in New Zealand are lucky to have a Coach, let alone a back-up team of doctor, physiotherapist and sport scientist. As the Coach or Manager, you're the person most likely to be present when your team trains and competes so you should always be equipped with basic first aid equipment.

The following items can be carried in a small pouch that you should keep with you at all times, during training and games:

- Disposable ice pack
- Compression bandage
- Small towel
- Rigid sports tape
- Scissors (not with sharp points)
- Elastic sports tape
- Band-aids
- Antiseptic solution
- Eye wash
- Triangular sling bandage
- Sterile gauze dressing
- Surgical gloves



If soft tissue injuries are treated immediately and effectively, using the principles of R.I.C.E.D. and avoiding H.A.R.M.-ful factors, bleeding and subsequent recovery time can be limited.

TREAT INJURIES QUICKLY TO SPEED UP YOUR RECOVERY

Use **R.I.C.E.D.** (first 2 days)

Rest: To limit further damage, avoid moving the injured part as much as possible.

Ice: For 20 minutes every two hours for the first 48 hours.

Compression: Bandage between ice treatments.

Elevation: Keep the injured area raised as much as possible.

Diagnosis: If the pain or swelling hasn't gone down significantly in 48 hours seek professional medical help.

Avoid **H.A.R.M.** (first 3 days)

Heat: Avoid hot baths and showers, saunas, hot water bottles, heat packs and liniments.

Alcohol: Alcohol increases bleeding and swelling at the injury site and delays healing.

Running: You should not exercise for 72 hours unless approved by a medical professional.

Massage: Massaging an injury in the first 72 hours can slow down recovery.

All Coaches and/or a nominated team representative should be trained in how to provide basic R.I.C.E. therapy for acute muscle and joint injuries. You should also be able to provide first aid for minor cuts and abrasions to avoid further contamination and infection.

New Zealand Soccer can help organise a soccer-specific Basic First Aid course for your club. Contact Helen Tunstall on 09 414 0174 or email helent@soccernz.co.nz for more information.