

Basics of First Aid

adapted from the NCA Coaches Manual

Basic first aid should be part of every director's training. While no one expects you to be a trained medical professional, basic knowledge and advance planning can often take the "emergency" out of an emergency situation.

1. Have a clearly defined emergency plan in place
 - Emergency plan has been practiced
 - Telephone numbers of local emergency medical aid
 - Sources are listed by telephone
 - List of people with first aid qualifications and their location in the building is readily accessible
2. Remain calm and confident
 - Try not to react to the situation
 - Assess situation with a calm and confident composure
 - Psychological fear or "arousal of fear" can be a powerful catalyst in the victim's concern for safety and thereby jeopardize their well-being
3. Think before you react
 - Never rush into a hastily made decision
 - DO NOT attempt to "play doctor" with limited first aid experience
 - Never assume anything
4. Take control until professional help arrives
 - Assume leadership if you are the first person on the scene
 - Do not attempt to diagnose the injury
 - Send for professional assistance
 - Keep the injured individual calm and comfortable

FIRST AID TREATMENT

"RICE"

The best way to treat injuries that occur during activities

Rest

Allows time for injury to heal, helps reduce pain and swelling and prevents further injury

Ice

Apply ice for 20 minutes at a time, every two hours or so, for the first 48 hours

Stop icing when the skin feels numb; helps relieve pain and lessen swelling and bruising

Compression

Wrap elastic bandage around the injured area to help minimize swelling and further injury

Be careful not to wrap bandage so tight that it cuts off circulation

Elevation

Raise injured body part above the heart, if possible, to help reduce swelling and promote drainage of fluid

Following the **RICE** steps will help prevent and/or reduce swelling, discomfort, and loss of movement. This will result in a faster healing time which means a quicker return to participation.

