

# Wimmera Sports Trainer Network News

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## Injury Assessment—The STOP and TOTAPS procedure



The trainers first duty of care is to the player: not to the coach.

### On field assessment - STOP

Stop the athlete from moving or further participating. Stop the game if necessary.

Talk to the injured athlete.

Observe whilst talking to the athlete.

Prevent further injury.

### Off field assessment—TOTAPS

Talk—ask about injury

Observe—observe injury and around site

Touch—feel for additional symptoms

Passive movement - range of movement

Skill test—test for game conditions

### Who makes the final call?

You do! Advice to coaching panel is for the players benefit. You have volunteered to support the club, players, family and com-

munity. Don't over step your training or fail to make the best decisions for your players. They may not be able to make the best decision for their welfare. E.g. concussion

A good working relationship with the club committee, coach and selectors is vital in the Sports Trainers code of ethics,

Understand your responsibilities and use basic first aid principles.

### Keep qualifications up to date

Keep your first aid and CPR qualifications up to date:

Danger

Response

Airway

Breathing

Compressions

Defibrillation



Nick Holland - dislocated shoulder

### Inside this issue:

STOP and TO-TAPS 1

RICER 1

Sports Trainer Dates 1

Good Gear to Go 2

SAMPLE—emergency referral 2

SmartPlay web-site resources 2



### Sports Trainer Dates

- April 15 & 22 SMA Level 1—Cancelled
- April 29 Sports Trainer Network
- May 6 & 27 VCFL Trainers Course
- May 28 Sports Trainer Forum
- June 24 Sports Trainer Network
- July 1—SMA Sports Trainer reaccreditation
- October 7—Sports Trainer Network Dinner

## RICER—the Soft Tissue Injury procedure for all bruises, overuse injuries, strains and sprains

### Use RICER for 1st 48 - 72 hours

Give patient information about RICER

Normally most injuries are resolved in 1-2 weeks

Refer and follow up if lasts for longer time.

### RICER regime for 1st 48-72 hours

Rest—complete rest even for small injuries

Ice - 20 minutes@2 hrs - N.B. Ice burns!

Compression bandage—daylight hours

Elevation of joint—even when asleep

Referral—early diagnosis is basic

### And No HARM for 1st 48-72 hours

Heat—heat creams, baths, heating

Alcohol—creates swelling, masks symptoms

Running or exercise

Massage—increases blood flow



## Good Gear to Go for Your Sports Training Needs

Trainers will need a range of tapes for ease of use:

### Tape

- Hand tearable stretch—sizes 25mm, 50mm and 75 mm (often used as blood tape)
- Cohesive (sticks to itself and reusable) tape—sizes 25mm, 50mm and 75 mm (good for soft tissue management and joint support)
- Rigid Tape—sizes 12.5mm, 25mm, 50mm and 75 mm
- EAB (elastic adhesive bandage)—sizes 25mm, 50mm and 75 mm



**A range of sporting tape makes taping easier**

### Tape Cutters

- Use at end of game instead of lister scissors
- Variety of sizes and shapes
- Costs start from \$13.00



### Tape suppliers

- Beiersdorf—Elastoplast and Leuko
- Club Warehouse
- Victor Sports

### Taping resources

- Taping Wall charts and booklets free from Elastoplast and Leuko suppliers
- Taping DVD available through Elastoplast for \$20

## SAMPLE Principle for handover to medical personnel



Handing over to paramedics and other medical personnel is always a busy time. Sports trainer preparation, medical history forms and a planned approach will assist create easy transfers.

Signs and symptoms - what signs and symptoms does the patient show?

Allergies - what allergies does the patient have to medication, food, etc?

Medication - what medications is the patient currently taking?

Past history - has a similar injury occurred in the past?

Last meal - when did the patient last eat and drink? What did they have?

Event - what happened leading up to the incident?

**All clubs should develop an Emergency Procedure and prominently display this for all visiting clubs**



## SmartPlay and Injury Prevention Resources

<http://www.smartplay.com.au/national/Pub/xpStart.asp>

A quick visit to the SmartPlay website will uncover many useful resources for sports trainers. These are freely downloadable or available free or for a small fee. Select the link to Sports Trainers Resources to find the following:



- Injury Management—Warm Up, Drink Up, Fix Up, Gear Up and etc
- First Aid Kit and Treatment Room
- Women in Sport Fact Sheets

- Blood Rules OK!
- Sport Specific Information fact sheets
- Mouth Guard Information
- Medical History Form
- Injury Reporting Form
- Hot Weather Guidelines
- SMA Pre-screening System