

Wimmera Sports Trainer Network News

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Keeping Up to Date - Sports Trainer Education 2009



Are you up to date? How long since you last qualified? Are you aware of changes to CPR rates, wound care, taping techniques, injury management, record keeping, asthma management, insurance needs, anaphylaxis and allergies, diabetes and etc?

Part of our risk management for our club and league/association is setting in place appropriate plans, keeping abreast of current practice, accreditation, record keeping and good follow up procedures.

Are You Up to Date?

- Most first aid courses are relevant for only 3 years, this includes sports trainer qualifications.
- All CPR accreditations must be updated annually.
- Injury records should be kept for 7 years.
- Risk management and club policies

should be reviewed annually.

Training Dates

- March 16 Sports Trainer Evening includes CPR—\$15 for CPR
- VCFL Trainers Course—March 29
- April 19 & May 3 SMA Level 1 Sports Trainer Course
- May 3 —SMA Sports Trainer re-creditation
- May 24-Introductory Sports Massage
- August 2—Spinal Injury Management
- August 2 — Concussion Management



For a first point of call contact the Wimmera Regional Sports Assembly for any additional information regarding the following Sports Trainer education dates

Put a Cork in Quadriceps Contusions—Michael Vadiveloo—Sports Physiotherapist

RICER meets RICEIF

Rest, Ice, Compression, Elevation and Referral

The cornerstone of soft tissue injuries including corkies.

Treatment Goals

The treatment plan should include minimising swelling and bleeding and maintaining the elasticity, contractility and strength of the injured and uninjured muscle.

Rest, Ice, Compression, Elevation, Immobilisation, Flexion

Rest—crutches

Ice—superficial or deep

Compression—extend above & below contusion

Elevation—to reduce blood flow

Immobilisation—tape ankle to upper leg/hip

Knee Flexion—as much knee flex as possible



Quadriceps contusion—corkie

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Sports Trainer Dates

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Stop Press!

Safety Guidelines of Children and Young People in Sport and Recreation—available from WRSA



Good Gear to Go for Your Sports Training Needs

Sports Trainer Bag

Need a bag you can just take and have all the essentials—maybe this is

Sports Trainer Bags—available from Club Warehouse or Wimmera Sports medicine—\$199 plus postage—includes selected first aid equipment and tape



for you. Packed ready to go with first aid items, drinker, sports tape. Available through Sports Medicine Australia or Club Warehouse

Melrose H₂Oil Massage Oil

Want to know how to make your towels last 4 times longer and save money?



Melrose H₂Oil® Massage Oil has been the answer to the question and a saviour for the professional masseur. Melrose H₂Oil® is the original water dispersible oil. Then there is the unique Melrose cask that keeps the oil fresh to the last drop.

Melrose H₂O Massage oil

Available at your local health care store—10% discount to Clubs at Organic Horsham

Concussion—Getting Them Back Safely—Dr Dan Bates

DrABC

Dr—Danger—cease play

A—Airway- remove anything obstructing airway including mouthguard

B—Breathing—assess they are breathing adequately

C—Check for circulation, always think spine and neck before moving player

Time for Hospital

- Altered conscious state
- Skull injuries or bleeding
- Persistent vomiting
- Headache
- Any concerns



The Management of Concussion in Australian Football—AFL Medical Officers Association—new guidelines 2009

- Concussion refers to disturbance in brain function caused by trauma
- Complications can occur if player returns to play before fully recovered
- Key components of management
 - Suspecting concussion diagnosis
 - Refer for medical evaluation
 - Ensure medical clearance before return to play
- Cornerstones of rest, cognitive testing and gradual return to play—symptom free
- More conservative approach requires—sit them out



Sports Dieticians Australia

Sports Dieticians Australia website - <http://www.sportsdieticians.com>

Fuelling Fitness for Your Sport—AFL

To perform well your body needs to have adequate carbohydrate fuel stores in the muscles and liver. Carbohydrate is stored in the muscles as glycogen to provide an important fuel source in sport. Carbohydrate is also stored as glycogen in smaller amounts in the liver. This glycogen reserve helps maintain blood glucose level, and becomes very important during prolonged workouts or endurance sports. The normal overnight fast (during sleep) will lower liver glycogen stores which in turn can reduce your endurance performance.

What should I eat before sport?

Cereal, porridge, toast, rice, pasta, salad roll, fruit, smoothie
As a guide the choice of meal, snack or fluids should be:

- Easy to digest
- Rich in carbohydrate
- Low in fat
- Foods and fluids that are familiar and enjoyable
- Including plenty of fluids