



Coaches, Assistant Coaches and Trainers/Managers

The Indiana Youth Soccer Association has developed the attached Safety guidelines for coaches and other participants. Remember that our primary concern should be for the protection of the players. Do not hesitate to call 911 if you feel emergency services are needed or are unsure about an injury.

Please review the attached guidelines and contact **Bill Cox, VCYSA Risk Management** (bcox@ma.rr.com) with any questions.

Treatment of Injuries

Abrasions – Gently rinse the area with water. Remove any loose dirt or grass from the abrasion while rinsing the area. Apply a clean dressing and secure with a clean bandage with tape.

Bee and Wasp stings – Less severe reactions include: itch, irritation, redness and swelling of the sting site. Apply ice to the area. Apply local anesthetic (Bactine, Etc.). Individuals that know that they are allergic to bee and wasp stings should carry an epinephrine kit and use it, followed by an ice pack and hospital visit.

Blisters – Cool and rinse the area with water. Apply dry dressing. *Do not open blisters!*

Dehydration

- To avoid dehydration (a shortage of water in the body) maintain adequate fluid intake by replacing sweat losses before, during and after exercise.
- Drink water or electrolyte drink (PowerAde, etc).
- Increase fitness.
- Wear light colored and/or lightweight (i.e. mesh) clothing.
- Do not use soft drinks, alcohol, coffee, or caffeinated drinks, for fluid replacement.

Dislocations – No one except a physician or trained emergency personnel should attempt to replace a dislocation of a joint.

- Support the dislocated member as comfortably as possible.
- Cold compresses should be applied to the injured joint.
- Seek Medical attention immediately.

Eye Injuries – When a small foreign body, such as dust, is in the eye or eyelid, moderate efforts may be made to remove the object by flushing the eye with clean water.

- Objects imbedded in the eye must not be removed, except by a physician.
- Cover both eyes loosely to reduce strain on the uninjured eye.

Fractures

- Keep the injured limb or joint from moving.
- Immobilize the area of fracture.
- Do not attempt to move the player if the fracture is to the thigh.
- Seek medical attention immediately. Call 911 if needed.

Sprains and Strains – Treatment - RICE

- **R** – Rest the injured body part.
- **I** – Ice should be applied for the first six hours.
- **C** – Compression to alleviate the swelling.
- **E** – Elevate the injured part.
- Seek medical attention if improvement is not seen.

Head Injuries -

- If loss of consciousness, even momentarily, consider the individual to have sustained a possible head injury (concussion).
- Seek medical attention immediately. Call 911
- Maintain open airway. Lay the player on their side.
- Observe for any bleeding from ears, nose, or mouth.
- Observe for nausea, vomiting or weakness of extremity.

Heat cramps - Symptoms include: Muscles in arms, legs, and/or abdomen may spasm uncontrollably accompanied by heavy sweating.

- Drink fluids.
- Gently stretch and massage cramped muscles.
- Rest in cool environment.
- Apply ice to cramped area.
- Watch for breathing or heart problems.

Heat exhaustion - Symptoms include: pale clammy skin, a rapid and weak pulse, headache, nausea, dizziness, severe cramps in the abdomen and legs. Temperature may be slightly elevated.

- Remove player to a cool place, loosen clothing and place in head-low position.
- Sponge with cold water.
- Give water or sports drink fluids slowly, if able to swallow. Keep player away from high heat and humidity conditions for 24-48 hours.
- Prepare for nausea and vomiting, and keep airway open.
- Seek medical attention if symptoms persist.

Heat stroke - Symptoms include: Sweating ceases, skin is dry and hot, bizarre behavior, combative, increased body temperature to dangerous levels, hallucinations, loss of consciousness.

- Seek medical attention immediately. This is an emergency! Call 911
- Remove the player immediately to a cool area.
- Cool body temperature with ice-packs or immersion in cool water.

Lacerations

- Minor lacerations should be cleansed with clean water.
- Apply dressing to the wound.

- Secure a clean bandage with tape.

Nose Bleeds

- Apply cold packs to the back of the neck and the front of the face and pinch the sides of the nose against the septum, to apply pressure to the blood vessels.
- Keep the person sitting with their head looking down to prevent choking and loosen the collar if it tends to constrict the neck.
- Advise the person not to breathe or blow through the nose for an hour or two after the bleeding has stopped.
- If bleeding does not stop within 10-15 minutes, arrange for medical care.

Seizures

- Seek medical attention immediately. This is an emergency! Call 911.
- Loosen the clothing around the neck.
- Pull the person away from any objects against which they might injure themselves or remove objects which might injure the player.
- Remove bystanders.
- Try not to control the seizure.
- Talk calmly and reassuring to the person to let them know you are getting help. Once the seizure has passed, try to get them to rest on a comfortable position.

Shock - Every injured person is potentially a shock victim and should be treated as such, whether the symptoms are there or not.

Symptoms of shock include: pale appearance, dull or anxious expression, shallow breathing, weak rapid pulse and cold, moist skin.

- Seek medical attention immediately. This is an emergency! Call 911.
- Keep player warm and comfortable but not hot.
- Keep player's body horizontal, or if possible, position them so the feet are at least six inches higher than their head. In any case, always keep the victim's head low.
- Do not give the player anything to eat or drink.
- Loosen tight clothing at the neck, chest and waist.