

# Don't Be caught Off Guard!



**First Aid & Universal Precautions**  
**Dundee United Travel Soccer Coaches**  
(Courtesy of GLSA)

# Communicate with Parents It is your business...Be nosy!!!!

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- Life Threatening Allergies
- Chronic Illness such as Asthma, Diabetes or Epilepsy
- Epi pens
- Inhalers
- Other emergency meds and Tx



# The three most Vital components of your Rec Soccer Coach Arsenal



## Emergency Medical Release & Liability Waiver

Participant's Name \_\_\_\_\_ Birthdate \_\_\_\_\_  
 Street Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

### EMERGENCY INFORMATION

Father's Name \_\_\_\_\_ Home Phone (\_\_\_\_) \_\_\_\_\_ Bus Phone (\_\_\_\_) \_\_\_\_\_

Mother's Name \_\_\_\_\_ Home Phone (\_\_\_\_) \_\_\_\_\_ Bus Phone (\_\_\_\_) \_\_\_\_\_

In an emergency when parent/guardian cannot be reached, please contact the following:

Name \_\_\_\_\_ Home Phone (\_\_\_\_) \_\_\_\_\_ Bus Phone (\_\_\_\_) \_\_\_\_\_

Name \_\_\_\_\_ Home Phone (\_\_\_\_) \_\_\_\_\_ Bus Phone (\_\_\_\_) \_\_\_\_\_

Allergies \_\_\_\_\_

Other Medical Conditions \_\_\_\_\_

Physician \_\_\_\_\_ Home Phone (\_\_\_\_) \_\_\_\_\_ Bus Phone (\_\_\_\_) \_\_\_\_\_

Medical/Hospital Insurance Company \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

Policy Holder's Name \_\_\_\_\_ Policy Number \_\_\_\_\_

**THIS AUTHORIZATION FOR EMERGENCY MEDICAL TREATMENT MUST BE COMPLETED BEFORE PARTICIPANT (PLAYER/COACH/REFEREE) CAN PARTICIPATE IN ACTIVITIES. TREATMENT FOR INJURY WILL BE BASED ON INFORMATION PROVIDED HEREIN.**

I, the undersigned (if participant is 18 years of age or older) or parent/guardian of the above listed minor participant acknowledge and fully understand that each participant will be engaging in activities that involve risk of serious injury, including permanent disability or death, and severe social and economic losses which might result not only from their own actions, inactions or negligence, but also from the actions, inactions or negligence of others, the rules of play, or the condition of the premises or of any equipment used and further, that there may be other unknown risks not reasonably foreseeable at this time, assume all the foregoing risk and accept personal responsibility for the damages following such injury, permanent disability or death, hereby release, discharge, covenant to indemnify and not to sue Illinois Youth Soccer Association, its affiliated organizations and sponsors, their coaches, managers, employees and associated personnel, officers, directors, agents, including the owners and lessees of premises used to conduct the event, all of which are hereinafter referred to as "releasees", from any and all liability to each of the undersigned, mine/ours or heirs or next of kin for any and all claims by or on behalf of the applicant as a result of the applicant's participation in the Programs and/or being transported to or from the same, which participation, after careful consideration I hereby authorize, and which transportation I hereby authorize. The applicant/participant has received a physical examination by a physician and has been found physically capable of participating in the Programs. I hereby give my consent to have an athletic trainer, coach and/or doctor or medicine or dentistry or associated personnel to provide the applicant/participant with medical assistance and/or treatment and agree to be financially responsible for the cost of such assistance and/or treatment. I also agree to save and hold harmless and indemnify each and all parties herein referred to above as releasees from all liability, loss, cost, claim or damage whatsoever, including death or damage to property, which may be imposed upon said releasees because of any defect in or lack of such capacity to do so and/or caused or alleged to be caused in whole or in part by the negligence of the releasee. I have read the above waiver/release and understand that (1) I have given up substantial rights by signing this release and sign below voluntarily. I understand that this document may not be altered in any manner and that any alteration without the express written consent from the Illinois Youth Soccer Association will cause the participant to be removed from the Program. (Revised 11/01/04)

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_  
(Parent/Guardian's Signature is required if participant is under the age of 18)

Participant's Signature \_\_\_\_\_ Date \_\_\_\_\_  
(Participant's Signature is required if participant is 18 years of age or older)

**NOTE: ATTACH COPY OF YOUR INSURANCE CARD, FRONT AND BACK, TO EXPEDITE MEDICAL TREATMENT.**



# Universal Precautions: What the heck are they and why should **you** care.....!

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- Universal precautions are defined by the Centers for Disease Control and Prevention (CDC) as a set of precautions designed to prevent transmission of HIV, HBV, and other blood borne pathogens when providing first aid or health care.
- Translation; Always protect yourself with a barrier—Gloves are the best, and most convenient !

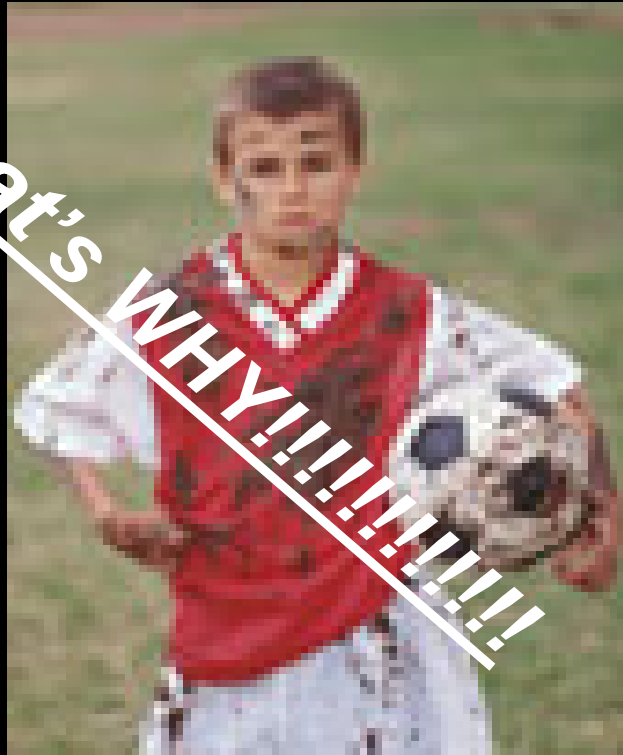


What's in Johnny's Blood? You never know.....

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HIV

That's WHY!!!!!!!!!!!!!!



HBV  
Hepatitis B

# A word about HBV

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- 100 times more contagious than HIV
- Survives on surfaces up to a week-possibly more
- Becoming more common
- Up to  $\frac{1}{4}$  of victims have no identifiable risk factors

# Risk Management IS THE MOST EFFECTIVE FIRST AID!!!

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- Over 3 million kids playing soccer in the US, there are 75,000 documented soccer injuries a year
- 25% result from poor field conditions



# First Aid Procedures Using Universal -- and Common Sense -- Precautions

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- **Contents of First Aid Kit**
- A set of Gloves
- Sting Swabs
- Assorted Band-aids
- Pressure dressings
- Instant Ice
- Tissue Packets
- Tape
- Plastic bags-for real ice
- Antibiotic ointment & first aid cream



# Common first aid emergencies

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- (and those things not so emergent—which is most stuff!)

*But do not attempt to explain that to a four year old!!!*





## ■ Cuts and Scrapes

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- Apply continuous pressure with a clean piece of gauze or other material. When bleeding stops, Clean, by wiping away from the wound, & apply a band aid
- Gaping wounds require further evaluation
- Head and scalp wounds may bleed profusely. *Never* move an child who exhibits symptoms of confusion or loses consciousness following a head injury.
- For any wound with spurting blood, apply continuous pressure, elevate and notify EMS

# Bumps & Bruises

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Now that's going to leave an impressive mark!



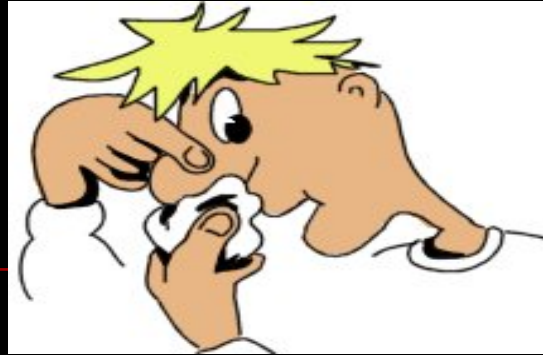
Apply real ice when possible.

The quicker ice is applied, the more bruising will be minimized!

# Nosebleeds

- If nosebleed is the result of a collision, assess condition to rule out a more serious head injury prior to moving.
- Have child sit upright with head tipped slightly forward.





- Apply gentle pressure with tissue to the soft part of the nose under the bridge between your thumb and the side of your index finger. (Have the child do this, if possible)
- If bleeding continues, apply ice to the nose, and to the back of the neck.
- 20 minutes of *continuous* pressure is often necessary to completely stop a nosebleed

# Strains & Sprains



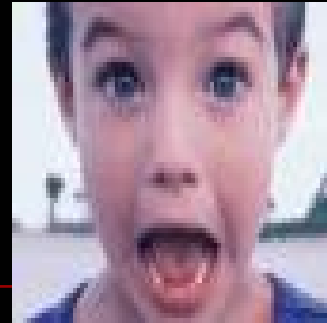
- Frequently involve knee & ankle in soccer
- Sprain— stretching/tearing of ligament
- Strain-- involves muscle or tendon (commonly called pull)
- **R**-remove from activity/rest
- **I**-Ice
- **C**-Compression
- **E**-Elevation

# Fractures



- Some fx's may not have obvious deformities/swelling
- Usually have associated pain
- Any open fx (with exposed bone/broken skin) requires EMS
- Upper extremity fx's more common in young children
- Do not move player if lower extremity is involved
- Stabilize in current position
- Never reposition injured limb
- fx of femur (long leg bone) may be life threatening

# Odds and Ends



## Mouth & Dental Injuries



Solar plexus spasm (or "getting  
the wind knocked out of you")

## Eye Injuries



# Head Injury

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- Think you have to lose consciousness to have concussion or serious head injury? *Wrong.*
- In fact, the signs and symptoms may be minor and vague and include a vacant stare or inattention.



# Head Injuries...



- May result from collisions with other players or objects
- May be open—with an obvious wound or closed
- May result in unconsciousness or confusion, bleeding from nose, ears or mouth
- Take your time in assessing player's condition!
- Never move a player with a suspected head injury.
- When in doubt notify EMS

- Head and facial injuries account for as much as 22% of all soccer injuries, of which approximately 20% are concussions



\*most "goose eggs" and minor lacerations are not consistent with serious head injury .

# Neck & Spinal Injuries

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- *Never* move a player if you suspect a neck injury
- Make sure there is an open airway if the player is unconscious
- Immobilize the player in the position they are in. Use thick Clothing along side the head and neck and apply gentle pressure to hold it in place.

# MAKE HYDRATION

**Defeat the Heat™** is a public safety campaign designed to prevent dehydration and serious heat illness among active children.

A PART OF YOUR  
GAME PLAN

## RECOGNIZE DEFEAT THE HEAT DAYS

Teach your kids to take special precautions on DEFEAT THE HEAT™ days, when the heat index\* is 87° Fahrenheit or higher.

[Click here to calculate heat index.](#)



# Heat Related Emergencies!

- More common in Kids.....
- Dehydrate more quickly-they can become dehydrated on a cool crisp day!!!
- Inefficient at sweating
- Tolerate temperature changes less efficiently
- Hearts pump less blood
- More skin surface per body weight



# Defeat the Heat



- When Kids <90 lbs
- 1 hr. before activity 3-6 oz. of fluid
- During activity, every 20 minutes 3-5 oz. of fluid
- After activity, to replace fluids lost through sweat -up to 8 oz. of fluid, per 1/2 lb. lost



- **Kids > 90 lbs.**
- 1 hr. before activity 6-12 oz. of fluid
- During activity, every 20 minutes 6-9 oz. of fluid
- After activity, to replace fluids lost through sweat -up to 12 oz. of fluid, per 1/2 lb. lost

# Heat Cramps—mildest form

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- Imbalance of electrolytes
- Symptoms thirst, mild chills muscle spasm
- Muscle pain
- Nausea
- Remove from Heat
- Rest
- Re hydration



# Heat Exhaustion -more serious may require medical attention

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- Nausea
- Fatigue
- Sweating
- Headache
- Dry mouth
- Weak rapid pulse
- Remove from heat
- Fluid replacement with sports drinks—
- Ice to back of neck
- *Do not resume activity*



# Heat Stroke—EMS!!!



- *Life threatening,  
medical emergency*

- Will cause complete circulatory collapse

- Swollen tongue

- Rapid pulse-

*Cool Quickly*

*Treat for Shock*

- When a body completely loses the ability to cool itself, internal temperature continues to rise resulting in heat stroke.

- NO SWEATING

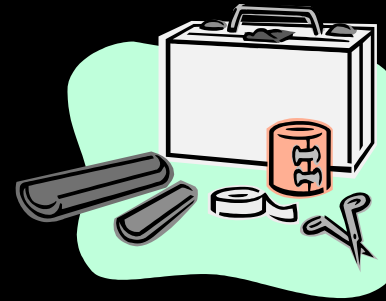
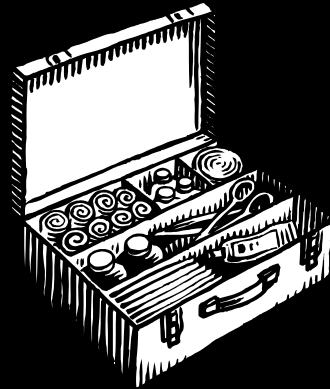
- HOT, DRY SKIN

A cartoon panel set in a desert under a bright yellow sun. A man with glasses and a blue shirt sits on the sand, reading a book titled "MEDICAL CONDITIONS ILLUSTRATED". He points towards another man lying face down in the sand. A speech bubble from the man on the ground says, "HEATSTROKE. HEY ED, THERE'S A PICTURE. WOW, IT LOOKS JUST LIKE YOU!".

"HEATSTROKE".  
HEY ED, THERE'S  
A PICTURE. WOW,  
IT LOOKS JUST  
LIKE YOU!

Nelson  
©

# Safety Checklist:



**Always have cell phone available - do not leave it in your car!**

**Always carry emergency release / liability forms on your person!**

**Always have at least two adults at practice!**

**Always have a fully stocked First Aid kit at practice - do not leave it in your car!**

**Always have local emergency numbers on your person!**