

## INJURIES

Undoubtedly there will be minor injuries throughout the season. As a coach, you will need to handle each situation properly. Here are a few simple guidelines to help you in these situations:

- \* Never doubt an injured athlete - but be aware many injuries can be cured by a smile and a joke.
- \* If basic first aid is needed, feel confident in doing so. Each coach will have a first aid kit available.
- \* If you do not feel comfortable administering basic first aid, please notify staff on duty. They are all certified in First Aid.
- \* Try not to let parents or players control the situation. If they do, please note on the accident report.
- \* In the unlikely event of an injury requiring major medical assistance, including CPR, follow these steps:
  1. If you are trained, administer care, send another adult to contact 911 first. Then the recreation staff on duty.
  2. If you are not trained, send adult to get staff immediately, they in turn will Send someone to contact 911.
- \* Any accident requiring first aid must be documented. Therefore, an Accident Report must be completed the day of the accident . Please get a blank copy from the Recreation Staff.

If there was no first aid rendered, yet you feel a report would be needed due to other circumstances, I.e. the parent and child leave before looking at injury: please report this also.