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First aid technique needed in baseball/softball

The National Federation of State High School Associations reports that during the 2014-2015 academic year, an estimated 7.8 million athletes participated in sports in the United States. Of these, about 2.5 million participated in contact sports. Previous studies from 2013 found that there were an estimated 1.3 million emergency room visits for injuries related to 14 different sports often played by children aged 6-19. Youth sports injuries often consist of, but are not limited to: Asthma Cervical spine/neck injury Exertion sickles Disease (heat stroke) Mental health Abuse of opioids/amphetamines Abuse of performance-enhancing drugs/supplements Sudden cardiac arrest Traumatic brain injuries and concussions It is important for schools to check that their sports staff (coaches, athletic trainers, and nurses) are adequately trained and trained on injury prevention and treatment. Even those who are not hands-on in the coaching or athletic training process may find it helpful to be up-to-date on their injury prevention and treatment methods to accurately report and analyze the games' events. The American College of Sports Medicine also reports that 96% of Americans believe it is important for a student-athlete to be evaluated by a qualified medical professional prior to playing sports to ensure they are healthy enough to play. This can help to ensure that the athlete is not already injured, as well as prevent future injuries. Professional and even college sports have great economic and social importance, but injuries can hinder performance, disrupt teams, and even end athletic careers. Students of sports business management as well as coaches, parents, and athletic leadership all have a role in ensuring adequate safety and preventive strategies are used to keep athletes of all ages safe and in the game. Basic guidelines for first aid Basic guidelines for first aid are constantly changing. Below are the current tips for intervening during an injury. Resuscitation, AED and First Aid certifications Typically, coaches and other first aid staff present in equestrian sports are required to be up-to-date on their automated external defibrillator (AED) knowledge, basic first aid certificate and cardiopulmonary resuscitation (CPR) certification. Automated external defibrillator (AED): An AED is a medical device used to help people with sudden cardiac arrest. It analyzes the rhythm of the heart, and if necessary, delivers an electric shock (defibrillation) to help the heart to restore an effective rhythm. These devices can be found in different locations a facility. It is important for medical and sports personnel to know where these devices are located at all times, especially during a sporting event. Due to the fact that the average response time for emergency workers is 8-12 minutes, to get an AED and know how to use one is crucial. For every minute defibrillation is delayed, the chance of survival decreases by about 10%. Basic First Aid Certification: When people are certified in basic first aid, they have the basic information and skills needed to help children and adults in the event of a medical emergency. Having these skills is especially important for youth sports coaches because it allows someone to start administering treatment in anticipation of the athlete's parents and/or first responders getting to the scene. Certifying in first aid means that they are certified in, but are not limited to help with: Asthma Emergencies Anylaxe Burns Suffocation Diabetic Emergencies External Bleeding Environmental Emergency Heart Attack Poisoning Neck, Head, and Spinal Injuries Stroke Seizure Cardiopulmonary Resuscitation (CPR) Certification: Certified in Resuscitation Means You Are Able to Accurately Perform an Emergency Procedure That Consists Of Methodically Timed Chest Compressions, and In The Past, Mouth-to-Mouth Breathing. It is important for sports coaches to know how to perform CPR because, like many other life-threatening injuries, performing CPR on an athlete can be a matter of life or death. CPR helps keep blood flow active and can expand the possibility of successful REsuscitation in those who have experienced sudden cardiac arrest. When getting CPR certified, people will undergo lessons that inform them about the different resuscitation methods (AED, hands only), the difference between performing CPR on different sexes, why CPR is needed, and when. Having a first aid kit on hand Having a first aid kit available at a youth sporting event is vital because it can help the sports management staff or coach in quickly tending to an injury. All first aid kits should contain, but should not be limited to: Ace bandage wrap (usually for wrists, ankles, knees, and elbows) Adhesive Aluminium finger splints Antibiotic ointment Antiseptic wipes Calamine lotion Disposable /instant ice bags Face mask First aid manual Hand disinfectant Hydrocortisone cream Latex/non-latex gloves Sterile cotton balls and cotton tip applicators Sterile gauze pads Syringe, medicine cup, medicine spoon for medicines Thermometer Tweezers The first aid kit should be stored in a location that is easy and to access quickly. Responding to and assessing an injury coaches should also know the right time to intervene during a sporting event to perform an injury assessment. The first assessment of injuries on the starts by following the ABCDE rule. A: Airway maintenance with cervical spine protection B: Breathing and ventilation C: Circulation and bleeding control D: Disability (neurological evaluation) E: Exposure and environment The common methods for assessing injuries may vary depending on the sport, as different sports have different risk factors. Na Na First evaluation, it may be in the best interest of the athlete to get a second opinion, whether it's by the athletic trainer or a paramedic, to make sure they get the right treatment. Typically, an injury can be spotted on the field when the athlete stops moving, lays down, starts to limp, or the referee warns the coach. It is important for a coach to pay attention to these signs to help avoid the possibility of worsening the damage. Talking to parents and guardians about youth sports injuries Discussing injury prevention practices with parents can be a tense conversation. Coaches of student-athletes will want to take the time to talk to each of the athlete's parents or guardians about the importance of injury prevention, what to do if the athlete is injured, and recovery time. This can be done one on one, in a group setting or via email/phone call. It is important, while conveying the message, to speak clearly and give details and examples. For example, if the child is injured during a game or exercise, explain what happened right away and simply. This is to make sure the parent/guardian isn't left off too long and they get the answers they need upfront. It is normal to parents who are angry when presented with an injured child. These situations can be difficult to handle, so it's best for the coaches to be prepared for these conversations in advance. A few tips for coaches who need to deal with difficult parents are as follows: Define and communicate shared goals, values and procedures to parents and players. If the situation gets too out of hand, the best option is to physically remove yourself from the conversation. Sketch clear roles for coaches, parents and players. Remember that you only control your actions and words, so if you are speaking to the parent, don't forget to listen, empathize and explain. Try to project a positive attitude, even if the situation is not ideal. Sports injury prevention strategies implementing coaching techniques that help to ensure injury-free training and games can help reduce the various risks in youth sport. This can include, but is not limited to, safe gyms and playing fields and the proper use of gear and equipment. Keeping Fields and Gyms Safe It is not uncommon to hear of injuries caused due to improper maintenance of playing fields. To prevent injuries, coaches, players, and maintenance personnel must participate in the maintenance of the sports field by: Clearing Debris: Debris and other foreign materials can get in the way of the field's readiness to play. Prior to practices and get rid of trash, rocks, unnecessary equipment, bottled water, etc. to ensure a clean surface to play. Considering using field covers and protectors: It is important to maintain the integrity of the field, even if it is not in This can be done using field covers and protectors to help prevent debris and weather damage to the field during the valley. Taking into account Surface Hardness: A majority of concussions in sports-related incidents are a result of the player's head hitting a hard surface. This can be prevented by using tests that are performed on the surface hardness of the field. If it is too difficult, take the necessary steps to soften it. Leveling the playing field: It is important to be aware of holes or divots in the field, as these areas can cause the athletes to stumble, stumble, and fall – causing injuries in the process. Securing the necessary equipment is safe: ensuring that the field equipment, such as football goals and football goal posts, is properly secured, can help prevent damage to the pitch and prevent injury caused by improper installation of equipment. Gyms are often used to help strengthen and condition student-athletes. That means it's also important to maintain a safe training environment for those who use the facility: Don't forget the locker room: While the athletes may not use the locker room to train, it's still important to make sure they're safe while they're there. This can be done by ensuring that there are the right number of drains and mats to prevent slipping, the right chemicals are used to clean to prevent the spread of athlete's foot/warts, there is no fire hazard, and there is an employee near the changing rooms at all times to prevent any physical alterations – especially after an intense practice or game. Exercise/Weight Equipment Safety: Many injuries can happen through the improper use of exercise and weightlifting equipment. This can be prevented by informing the athletes about the correct way to use the equipment, as well as frequent maintenance and wiping the equipment after each use. Installation of safety features around the facility: Check that the gym is filled with first aid kits, fire extinguishers, AEDs, smoke detectors and security systems. Pool safety: Make sure the pool, if there is one, is checked by an employee at all times and there is a sufficient number of signs with warnings and risks to ensure that the athletes, or anyone else using the pool, do not slip/trip. Take a walk around the facility: Take a notepad and pen to write down any improvements that need to be made to ensure safety throughout the facility. Ask yourself questions like How can this go wrong? Is the placed too close together? Have the machines had their regular maintenance? Injury prevention equipment It is critical that schools provide their student-athletes with the essential safety gear needed for youth sports. Baseball/Softball: Baseball and softball players must have Baseball cleats Baseball glove Batting helmet Catchers gear Protective cup cup Bottle Basketball: Basketball checklist may consist of items such as Athletic tape Compression shorts / sleeves Game-day basketball shoes Mouthguard Wristbands Football: Football shoestches Football gloves Football gloves Helmet Jockstrap / cup Mouthguard Neckroll / collar Waterflles Football: Youth footballers must have gear like Shin guards Football cling Water bottles On-Field Management of Common Youth Sports Injuries It can be difficult for a coach to notice the signs of an injured player, especially when the athlete does not vocalize that they are injured. That's why it's so important for coaches to let their players know to mention any injuries as they occur. Some of a coach's most important roles in the recovery process are: Be an active listener. Aside from listening to what they have to say, look at their body language. Be aware of the fear of re-ofcoming. Communicate clearly during the process of return to the game. Keep coaching them and give them words of encouragement. Stay connected with the player to help them feel they are still an important part of the team. Don't punish the player for getting injured by telling other teammates that they are not hard enough or just don't want to play. Keep the player connected to the team and the sport. Trust the recovery team and the doctors. If the doctor's orders have specific instructions on recovery time, make sure the athlete and other coaches follow them exactly, no matter how much they want to get back into the game. Concussions Coaches can identify potential cases of concussion by being aware of the symptoms, including: Amnesia around the traumatic event Headache or a feeling of pressure in the head Appear dazed Confusion or feeling like in a fog Delayed response to questions Dizziness or seeing stars Fatigue Ringing Unclear speech Temporary loss of consciousness Vomiting In fact, sports laws include a three action roadmap for concussions: Step One: Educate coaches, parents and athletes about concussion through training and/or a concussion information sheet. Step two: Immediately remove any athlete from the game who is believed to have a concussion. Step three: Permission must be obtained by a health care provider to return to play or practice after at least 24 hours. Dehydration and heat stroke A coach should suspect that a child may experience heat stroke or dehydration if they show any of the following symptoms: Cramps Disinterest in the game Dry or sticky mouth Dizziness Excessive fatigue Headache Inability to walk or play as fast as the usual Thirst Coaches Help prevent dehydration and heatstroke by: Decreasing or stopping practices or matches if necessary, or moving them inside or into a shady environment. Ensure that liquids are available at all times. Activity reduction at noon, hour, the temperature is warmest. Make sure the athletes' clothing is light-coloured, light and loose. Requiring their athletes to drink plenty of fluids before practice and during regular drink breaks - even if they are not thirsty. Fractures Fractures that are common in sport are of the: Single clavicle distal radius fibula fingers metacarpal metacarpal metatarsal Scaphoid Tibial as Toes Coaches may be aware of fracture symptoms by looking out for: Ang Circulation of affected area Bleeding Bruising Discolored skin around the affected area Dizziness Non-weight bearing Pain Player is pale or clammy Illness/nausea Swelling Unable to be moved Additional injuries on the watchful for Apart from the most common youth sports injuries mentioned above, coaches, athletic trainers, and parents will want to be vigilant for these other injuries in youth sports as well. ACL Tear/Strain: This can be caused by the athlete trying to cut, twist, or change directions too quickly. Symptoms often include a loud popping sound, severe pain, swelling, loss of range in motion, bruising, and not being able to carry weight. A slight ACL strain or tear can be cured without surgery using rest and ice. However, a complete ACL tear would require surgery, along with months of recovery time and physical therapy. Hamstring Strain: Poor stretching techniques or lack of stretching may be the cause of a pulled hamstring. Often, an athlete with a hamstring tear will experience bruising and pain behind the thigh and/or knee. This can be treated by resting and applying ice, followed by gentle stretching and strengthening to prevent another injury. Hip Flexor Strain: This can be detected if the player experiences pain when raising their leg and/or bruising in front of the thigh and groin area. Typically, hip flexor strains are treated with rest and enamel for 15 to 20 minutes at a time for 48 to 72 hours. If the pain is still there after two weeks, the player should see a medical professional. Shin Splints: Athletes who experience shin splints often complain of pain in the lower leg bone. This injury is often found in athletes who are runners. This injury can also be treated with rest and ice. Purchasing good shoes with the right bow support can help to reduce pain in the shins and help with recovery. It is recommended that the athlete gradually get back to work during the recovery process. Shoulder injuries: Shoulder injuries are usually caused by dislocations, misalignments, stresses and sprains. This can be caused by a lack of flexibility, strength, or stabilization and can be treated with rest and ice. The pain persists after two weeks, it is recommended that the athlete is evaluated by a physiotherapist. Educational resources for coaches The following resources will provide coaches with additional information and resources that prove invaluable in their efforts to prevent and address sports injuries. Printable First Aid Manual Coaches of youth sports teams may want to print a Red Cross first aid manual. Here they will find information on general first aid, resuscitation and AED, as well as medical information about: Anylaxie and epinephrine auto-injectors Breathing emergencies Environmental emergencies Injuries to muscles, bones and joints Injury prevention and emergency awareness Soft tissue injuries Sudden diseases First aid and injury prevention Play It can be difficult to express the importance of first aid and injury prevention, especially when teaching them to athletic youth. First aid games can be a powerful educational tool to help athletes avoid injury prevention in a way that will keep them engaged and willing to learn. These first aid games can include: Arm sling relay Bandage relay First aid ball First aid bingo carry relay First aid flashcards First aid scenarios Stretcher relay Further information, coaches, staff and other school staff can use resources that provide additional guidance, such as: Pressure to perform: This article focuses on the various pressure student-athletes can feel regarding youth sports. Reading it can help the coaches to see the athlete's point of view, help them in better communication. Signs of steroid use: An informative article for coaches educating them on signs of steroid abuse, legitimate use for steroids, side effects, how to talk to someone who uses steroids, and more. Sports Safety Checklist: This is a checklist that can be resourceful for parents. It provides information such as physical preparedness, various pieces, warm-ups, hydration techniques, suitable equipment and much more. Stop Sports Injuries: An Injury Prevention Curriculum for Coaches. Source list: National Athletic Trainers' Association - Youth Sports Safety Statistics What is an AED? First Aid Training What is CPR? U.S. National Library of Medicine - First Aid Kit on Field Evaluation of Injured Athlete Coaches Tips for Difficult Parents Field Maintenance Safety and Injury Prevention Equipment Needed to Play Baseball Basketball Checklist: Clothing, Equipment & Accessories for the Court Football 101 – What Equipment Is Needed Youth Soccer Buying Guide The Coaches Role in the Recovery of an Injured Player Concussion Symptoms and Causes Get a Heads Up on Concussion in Sports Policies Dehydration and youth sports: Curb the risk Fractures in sport: Optimising their management and outcome What is a Fracture? American Red Cross First Aid/CPR/AED Participant Manual First Aid Skill Activities Press to Perform Sports Safety Checklist for Parents Curriculum Toolkit Featured Reading: What is the difference between sports management and sports marketing? sports marketing? 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