



INCIDENT MANAGEMENT

Stop, Talk, Observe, Prevent further injury (STOP)

Coaches need to be able to respond to emergency situations. These can range from a minor injury to something more serious. It is good practice for all coaches to undertake first aid training, should a more serious incident occur.

Coaches should:

- have access to a telephone to call an ambulance
- have information about the participants' medical history (especially for ongoing health issues such as asthma, epilepsy or diabetes)
- know how to access first aid equipment (blankets, first aid kit, ice, etc.)
- ideally, be able to administer basic first aid
- ensure an injury report form is completed.

STOP procedure

The STOP procedure helps the coach to assess whether an injury may be severe and to determine whether the participant should continue with the activity.

S	Stop
T	Talk
O	Observe
P	Prevent further injury: <ol style="list-style-type: none">1 Severe injury: get help.2 Less severe injury: RICER (Rest, Ice, Compression, Elevation, Refer and record).3 Minor injury: play on.

Summary

STOP procedure: Stop, Talk, Observe and Prevent further injury.

INCIDENT MANAGEMENT

Rest, Ice, Compression, Elevate, Refer and record (RICER)

RICER regime

For management of sprains, strains, corks, bumps and bruises, follow this procedure:

What	How	Why
REST the participant	<ul style="list-style-type: none"> Remove the participant from the competition area using a method of transport that will prevent further damage. Place the participant in a comfortable position, preferably lying down. The injured part should be immobilised and supported. 	Further activity will increase bleeding and damage.
ICE applied to the injury	<p>The conventional methods are:</p> <ul style="list-style-type: none"> crushed ice in a wet towel/plastic bag immersion in icy water commercial cold pack wrapped in a wet towel. <p>Apply for 20 minutes every two hours for the first 48 hours.</p> <p>Caution:</p> <ul style="list-style-type: none"> Do not apply ice directly to skin, as ice burns can occur. Do not apply ice to people who are sensitive to cold or have circulatory problems. 	<p>Ice decreases:</p> <ul style="list-style-type: none"> swelling muscle spasm secondary damage to the injured area.
COMPRESSION applied to the injured area	Firmly apply an elastic compression bandage over a large area, covering the injured part as well as above and below the injury.	Compression reduces swelling and provides support for the injured part.
ELEVATE the injured area	Raise the injured area above the level of the heart whenever possible.	Elevation decreases bleeding, swelling and pain.
REFER and record	<ul style="list-style-type: none"> Refer to an appropriate healthcare professional for definitive diagnosis and continuing management. Record your observations, assessment and initial management before referral – send a copy of your records, with the participant, to the healthcare professional. 	To obtain an accurate definitive diagnosis and for continuing management (including anti-inflammatory medication) and prescription of a rehabilitation program.

Summary

RICER regime: Rest, Ice, Compression, Elevate, Refer and record.

