



# Care of Injuries

## A First Aid Guide for the Youth Coach

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# Emergency Action Plan

- Stay calm and reassure the player
- Do the primary survey: you're A, B, C's.  
Airway, Breathing and Circulation



# Emergency Action Plan

- If necessary send someone to call 911
- For Airway and Circulation.  
If no breathing, begin rescue breathing. If no pulse start CPR. (If you are qualified: CPR certified)

Always err on the side of caution!

# Common Injuries in Soccer



## Cuts and Abrasions:

To reduce the risk of infection **ALWAYS** wear protective gloves and wash your hands before and after contact. Protect yourself and the player.

## *Treatment:*

Clean wound and surrounding area with clean water, wiping away from the wound.

## To Stop bleeding on an open wound:

Place sterile dressing over wound and apply direct pressure. Elevate if necessary

If a severe cut, call 911



## Nose Bleed

### *Treatment:*

Place the player in a sitting position with the head forward.

Apply pressure to just below the bridge of the nose. Use ice when necessary.

If you suspect a head or neck injury do not try to control the bleeding. Instead stabilize the head and call 911

### Bruises:

### *Treatment:*

Apply ice



## Sprains and Strains

### Sprains:

A frequent injury in soccer, with the knee and the ankle most often involved. A sprain is the stretching or tearing of the ligament beyond its normal limits.

### Strains:

A partial tear to the muscle or tendon. Commonly called a “pull”

### *Treatment:* R.I.C.E.

R. Removal from the activity and rest

I. Ice

C. Compression

E. Elevation

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## Heat Illness

Young children are still not as efficient as adults at dealing with heat or cold.

**Heat cramps:** Are brief severe cramps in the muscles of the leg arm or abdomen that may occur during or after vigorous exercise in extreme heat. Lack of drinking fluids is a common cause.

*Treatment:* A cool place, rest and fluids

**Heat Exhaustion:** The players body is having trouble keeping itself cool. This condition can come on very suddenly, the players temperature is raised and they may feel sick or dizzy. The player is still sweating and the skin feels clammy.

*Treatment:* Call 911, cool place, loosen clothing, rest and drink fluids.

## Heat Illness Cont.



**Heat Stroke:** The most severe form of heat illness, a life threatening emergency and requires immediate medical attention.

With heat stroke the body's temperature is very high, sweating stops, their skin is hot and dry and the player may become confused or unconscious.

*Treatment:* Immediately call 911

Get into cool area

Cool the players body by spraying or dousing with water

Loosen clothing

Fan the player to help in cooling





## Fractures & Dislocations

If a body part does not have a normal appearance or function then suspect a fracture.

*Treatment:* Do not move the player, keep warm and make comfortable, call 911

Dislocations: The joint will have a marked deformity with intense pain

*Treatment:* If a player can walk immobilize the joint and immediately transport to hospital. If the player is unable to walk then call 911

# Concussion



Usually due to a clash of heads. Possible dizziness, headache, disorientation, ringing in the ears and vomiting

## *Treatment:*

Do not move the player. Seek medical care.



Always err on the side of caution

Be first aid and CPR certified

Record the incident and note all actions you took and how the injury occurred

Follow up with a phone call to check on the players condition



# Acknowledgements:

American Medical Association; First – Aid  
Guide