



Soccer Specific Sideline Help Course 2015

Aims of the Course

- Improve the safety and wellbeing of athletes, club volunteers & personnel through sports medicine education
- Provide a standard for player treatment protocol at clubs
- Increase the level of participation of players amongst all leagues through improved duty of care
- Promote FFSA's values through providing educational development opportunities to Club Volunteers, Team Managers, Parents and Coaches
- Increase the number of clubs with multiple first aid personnel who can assist Sports Trainers, Coaches, Managers and Players as required
- Enhance club volunteer recruitment, retention and development by providing educational opportunities
- Encourage a united front from participating clubs in providing the best possible care for their players
- Provide a course with simple, yet multiple learning outcomes

Course Structure & Content

1.5 hour workshop that will cover basic elements of injury prevention and management with a soccer specific focus. The following is a breakdown of course content.

(A) Injury Prevention

- Warm-Up, stretch, cool down techniques – FFSA/SMA focused guidelines
- Playing area and facilities (review of safety, management, & environmental conditions)

- Player protective equipment (for game play)
- Balanced competition (education upon player safety, appropriate opposition pairing and considerations for game play – team management)
- Illness, medical conditions & participation (managing player wellbeing)
- Return to play (post injury management guidelines)
- Dehydration (review of hydration guidelines)

(B) Injury Management

As the following topics are discussed, soccer specific examples will be given to drive discussion amongst attendees and help make theory relatable/understandable for all.

- Management of an injured athlete
- Assessment of an injured athlete (STOP/DRSABCD principals)
- Moving an injured athlete (basic theoretical guidelines)
- Management of soft tissue injuries (NO HARM & RICER principals)
- Management of hard tissue injuries
- Management of concussion and spinal injuries (theoretical)
- Wound management (basic first aid in wound care)
- Blood rule (sideline management & return to play)
- Dental injuries (basic first aid in dental care)
- Management of medical conditions (Asthma, Diabetes, Epilepsy, Anaphylaxis)
- What to have in a first aid kit - Explain basic contents & use of products

(C) Resources Attendees Will Receive

The following resources will be explained and provided to attendees. The aim of these resources is to provide a standard template which can be adapted to club protocols.

- Medical report form
- Head & trunk injury form
- Soft tissue injury advice brochure