

- FIRST AID -

Get Your Coaches Ready!

Annual first aid training is a requirement for local Little Leagues' safety plans and a critical step in improving safety for your league. Here are some tips to help you get started for this year:

1. Know the requirements

In addition to covering basic Little League clinic guidelines, many states have passed legislation that provides civil immunity to volunteer coaches that have attended a safety orientation and training skills program. You should determine if your state has any specific requirements that could be incorporated into your first aid training program. Medi-Smart provides an outline of the requirements by state at <http://www.medi-smart.com/gslaw-volunteer.htm>.

2. Enlist local experts

Leagues have creatively partnered with local organizations and experts to provide low or no-cost training for their coaches. Sports injury professionals, firefighters, EMTs, colleges / universities, hospitals, doctors, nurses, and even community parks and recreation organizations may already have programs available that your coaches could attend. Or you may be able to encourage them to volunteer to conduct a specific clinic for your league, which would help promote safety and their services as well.

3. Cover the basics

Little League suggests covering these minimum basic items in your clinic:

- **Prevention:** Provide an overview of prevention efforts already in place such as preseason medical exam requirements, proper equipment, site maintenance, weather condition awareness, and following rules for safe play.



- **Assessment of injuries:** Teach coaches to look for signs and symptoms to differentiate between mild, moderate, and severe injuries. Make sure they understand their limits in knowledge and training as first aid providers, and never go beyond prudent limits.
- **First-aid techniques:** Conduct hands-on practice of appropriate treatment for the common types of injuries that coaches may encounter including contusions; muscle pulls and strains; over-use injuries; sprains; fractures;

injuries to small joints, face, teeth or eyes; insect bites and stings; heat illness; plus triage and emergency management. Use the PRICES general guideline for treatment of basic mild injuries. Review what to include in a well-stocked team first aid kit.

- **Emergency plan:** Provide written copies of your league's emergency plan for severe injuries, including emergency numbers.
- **Player recovery:** Review how to determine when a player is ready to practice or play again. If the player sees a medical professional, get a release back to play.

4. Check out online resources

Little League provides online resources for the ASAP Safety Requirements at:

http://www.littleleague.org/Learn_More/programs/asap/SafetyRequirementsExplained.htm

This page provides links to an example *Emergency Plan (Requirement 3)*, more detailed information for a *First Aid Clinic (Requirement 6)*, and suggestions for well-stocked team *First Aid Kits (Requirement 12)*.

Once you've completed your annual clinic, your coaches will be better equipped to handle injuries if they occur. Let's make Little League a healthy and enjoyable experience for players and volunteers.

IMPORTANT:

Safety Plan Deadline is Almost Here!

All safety plans MUST be postmarked by May 1.

Please send yours to: Little League International
539 US Route 15 Hwy.
PO Box 3485
Williamsport, PA 17701