

First Aid Guidelines for Big Lake Soccer Association Coaches

A First Aid kit is provided to all coaches. Please use common sense when dealing with injuries. Remember to always keep the safety of child/player first. Treat minor scrapes with Band-Aids being careful of body fluids. Bruises, bumps or sprained ankles should be treated with ice packs or bagged ice. If at anytime you suspect a serious injury i.e. neck injury, head injury, fractured or broken limb, do not hesitate to call 911. It is much better to be overly cautious for the safety of all players and coaches. Ultimately the parents will have the say in refusing an ambulance if one has been summoned and they do not feel it is necessary.

If you do suspect a serious neck, spine or head injury DO NOT move the player!! Immediately call 911. Immobilize the affected area with whatever is available to you. Support the player until help arrives. If it is a player from another team, assist quickly in calling 911, if necessary and support the coach in helping his/her injured player.

If there is a medical emergency involving the on lookers or any one around the field, assess the situation, call 911, if necessary and appropriate. Support the involved person, as you feel comfortable. Also appoint someone to crowd control if that becomes an issue. Use good judgment when dealing with an injured player.

It is also BLSA Soccer Club policy that you need to have two adults at practice at all times. This is for the coach's protection and also for the player's safety. Two adults must stay until the last child has been picked up. If you have a cell phone, please have it with you at practice and games. If an emergency should occur, you would be ready.

If you use First Aid kit supplies and need replacements: Call 763-263-2797 or send an email to Deb Mitchell, Risk Coordinator: qltdqmisty@yahoo.com. Leave your name, team name and what items you are in need of and they will be supplied to you by your next game. Always make sure you have ice packs in your kit at all times!

Deb Mitchell
Risk Coordinator
Big Lake Soccer Club