



# 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.

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

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

