



# Sport First Aid

*Melinda Flegel*

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Most sport injuries don't occur during the game when emergency medical personnel are present. They occur on the practice field, when no one but the coach is around. That's why it's critical that all coaches have a basic knowledge of sport first aid.

*Sport First Aid* teaches coaches how to prevent sport injuries and how to make the correct decisions during on-field emergency situations. The book describes first-response evaluation and treatment techniques for more than 110 injuries and illnesses. Definitions, causes, symptoms, signs, and first aid protocols are included for each injury and ailment, as well as notes on when the athlete can return to play. This full-color third edition is filled with hundreds of photos and illustrations that bring first aid recognition and administration techniques to life.

Also featured are the latest guidelines on checking the ABCs (airway, breathing, circulation), administering first aid for choking, and using an AED (automated external defibrillator). Plus it includes the latest information and research on heat-related illnesses and proper hydration. *Sport First Aid* is a time- and perhaps life-saving reference tool that all coaches should take with them to the sidelines.

In part I coaches learn about the importance of the athletic health care team and how to develop a sport first aid game plan.

Part II explains anatomy and sport injury terminology and basic sport first aid skills. This section covers everything from controlling bleeding to applying a splint, from transporting an injured player to administering CPR.

Part III covers sport first aid for specific injuries and illnesses, addressing more than 110 potential on-field problems. From the serious (musculoskeletal injuries, respiratory conditions, head and spine injuries, internal organ injuries, sudden illnesses, and temperature-related illnesses) to the not so serious (blisters and athlete's foot), coaches will receive step-by-step instruction on the proper way to respond to any situation.

*Sport First Aid* includes a large appendix of first aid protocols, where standard procedures for first responders are efficiently arranged in flow-chart format to save precious time in emergency situations.

Produced by the American Sport Education Program (ASEP), *Sport First Aid* serves as the text for ASEP's Sport First Aid Course, endorsed by numerous state high school associations and other sport organizations as the preferred first aid course for their coaches. Each year, more than 10,000 coaches take this course to further their professional development and meet certification requirements.

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