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American Academy of Orthopaedic Surgeons (AAOS)  
Sports First Aid and Injury Prevention (Revised)



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When athletes become ill or injured during practice or competition, coaches and athletic trainers need to know how exactly to respond. Whether on the courtroom, on the field, at the pool, or in the fitness center, coaches and trainers must be prepared to handle the common injuries and illnesses they will likely encounter while training their sport. Flowcharts that reinforce the decision-making process and appropriate methods. This student manual includes: Lists of injuries and illnesses most common to each sport. Key info on sports injury avoidance. A sample Emergency Action Program. Caution boxes emphasizing crucial actions that coaches and trainers should or should not take while administering medical. Skill drills providing step-by-step explanations and visible summaries of important medical skills. Predicated on the 2015 International Consensus Suggestions for Cardiopulmonary Resuscitation (CPR) and Emergency Cardiac Treatment (ECC), Sports MEDICAL and Injury Prevention teaches instructors and trainers how to administer basic first aid to unwell and injured athletes in addition to well ways to prevent diseases and accidental injuries from occurring.



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