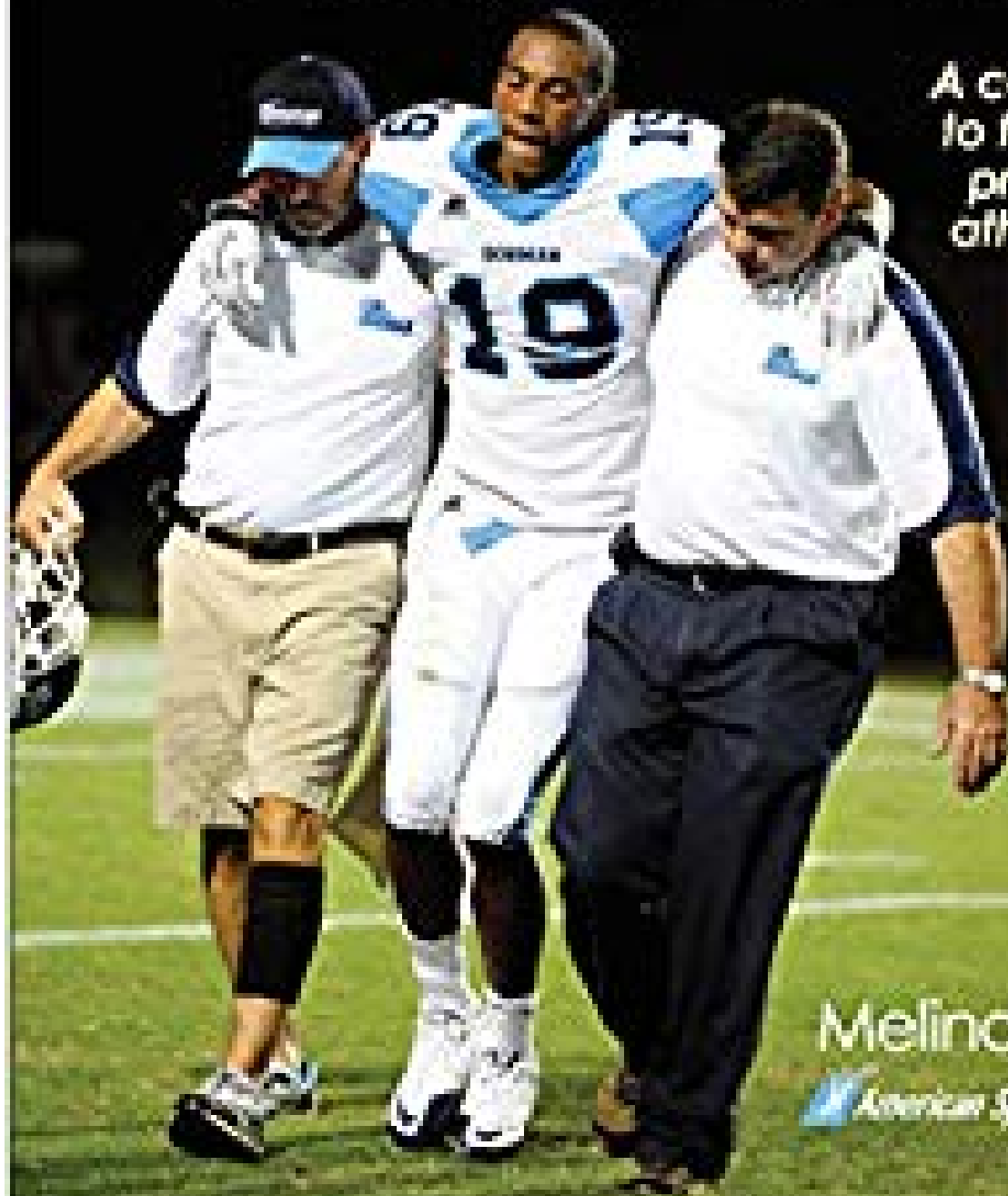


Fifth Edition

SPORT FIRST AID

A coach's guide
to the care and
prevention of
athletic injuries



Melinda J. Flegel

 American Sport Education Program

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Sport First Aid



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As a trainer, you' Included are strategies for reducing athletes' Are you ready to do something in a medical crisis? Sample forms, checklists, and plans take the work out of developing these docs from scratch. To find out more on ASEP courses and resources, call 800-747-5698 or visit www.asep.com. guidelines for the avoidance, recognition, and treatment of concussion from the Centers for Disease Control and Prevention; administering first aid for bleeding, tissue damage, and unstable accidental injuries; moving an harmed athlete; and returning sports athletes to play. The new edition explains the latest CPR techniques from the American Heart Association; carrying out the physical assessment; and guidelines for the prevention of dehydration and heat illness from the National Athletic Trainers' Association. Beyond simply treating accidents and illnesses, Sport First Aid seeks to avoid them from occurring to begin with. It be first in the scene when among your sportsmen falls ill or suffers an injury. injuries and ailments. Sport First Aid provides senior high school and club sport coaches with detailed action techniques for the care and prevention of more than 110 sport-related accidental injuries and illnesses. With Sport MEDICAL, you and your coaching personnel will anticipate to make crucial decisions and respond appropriately when confronted with athletes' threat of injury or disease, such as for example establishing a school-based medical team, implementing preseason conditioning programs, creating safe playing conditions, planning weather emergencies, ensuring proper fit and use of protective equipment, enforcing sport skills and safety guidelines, and developing a medical emergency strategy. Produced by the American Sport Education Plan (ASEP), Sport First Aid is the text for the ASEP Sport MEDICAL program, which, along with Training Principles and Coaching Complex and Tactical Skills programs, makes up the curriculum for the ASEP Bronze Level coaching certification system. Organized for quick reference, Sport MEDICAL covers procedures for conducting emergency actions steps;ASEP.com.



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