



## **Coach Training for Newtown Youth Basketball Association**

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### **I “Act Now” Incidents – ABC’s - signs, symptoms & responses for true emergencies : activating 9-1-1**

- Airway Choking → Abdominal thrusts *aka Heimlich* demonstration  
Clearing the airway: mouth guards, teeth, vomit, blood  
Allergic reactions → medical information on players, administration of meds  
*epipen administration video* : <http://www.epipen.com/page/how-to-use-epipen>
- Breathing Asthma → determining level of urgency for care based on signs/symptoms  
→ administration of meds  
Stopped → CPR option *chest compressions only* CPR : <http://handsonlycpr.org/>  
AED (specifics to be discussed later in session)
- Circulation Bleeding → pressure, bandage, elevation if possible (gloves)
- Unconscious Check Airway & Breathing, consider AED
- Spinal injuries **Do not move**, neutral position and/or position found, check ABC’s, 9-1-1

### **II “First Aid” Cases - player injuries, parental involvement & preventing further harm**

- Limb injuries Visual deformity → stabilizing, possible 9-1-1  
Pain, sensitivity → stabilizing and removing player from court, ice if swelling
- Head injuries Head trauma legislation: Public Act 10-62, Effective July 1, 2010  
*3-hour course through CIAC (\$50 for cert)* <http://www.ctcoachinged.org>

#### **POWER POINT PRESENTATION & HANDOUTS**

**Head Trauma Legislation** : “Young athletes sustaining concussions would be banned from playing again until cleared by a medical authority, under a bill that won unanimous approval Thursday in the Senate. Coaches would be required to remove injured players from games or practices immediately after taking hits to the head or showing signs and behaviors of concussion. Lawmakers said the bill is part of a growing national awareness of the dangers of long-term effects of head injuries on young brains.

Under the legislation, injured players, whether in elementary, middle school or high school, could not practice or play again for at least 24 hours. Doctors, physician's assistants, registered nurses or athletic trainers would have to clear them to play again. It applies to interscholastic or intramural athletes.” *CT Post April 22, 2010*

### **III “Coach Scope and Resources” – You will be expected to act**

- Scope First aid kit & level of training, your demeanor sets the stage
- Injury Report FILL IT IN, provide information on head injury red flags for caretaker
- 9-1-1 Locate parents. Designate someone to meet/direct EMS;  
Need for ambulance is more likely if parent is not on site

### **IV “AED Overview” - Usually located right outside of gym – find power button and follow prompts**