



PROGRESS TRACKER

Chapter 4

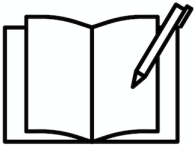
SISSTPT001 – Implement sport injury prevention and management strategies



	34A Inquiry Task - Incident report form	4B Inquiry Task - Case Study: Session and participant types	4C Inquiry Task – Circuit workout	Reflection Bank SET A	Road Map to Success
STUDENT NAMES					
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	4A Inquiry Task - Incident report form	4B Inquiry Task - Case Study: Session and participant types	4C Inquiry Task – Circuit workout	Reflection Bank SET A	Road Map to Success
STUDENT NAMES					
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INQUIRY TASK 4A

INCIDENT REPORT FORM

Read the following case study and, using the information given, fill in the incident report form below.

Kerry Geller has fallen down in pain after jumping to catch a netball. She was playing an away game at the Green Hills sports club in Green Hill. The date is the 20th of November, and it is 2:12pm. As you are first aid trained you go to her aid. You check for danger and there is none as all of the other players have stopped to allow you to tend to Kerry. She is responding and her airway is clear, she is breathing, and she has a pulse. You observe that there is already noticeable swelling on her ankle. With assistance you stretch her from the playing area and elevate, compress and apply ice to the injured area. You call for an ambulance to transport her to the hospital. You do not administer any painkillers as the ambulance service has advised you not to. There is also no need to monitor fluid input and output.

Whilst waiting for the ambulance you ask Kerry a number of questions so that you can begin documenting the incident. She tells you that her birth date is September 9th, 1999, and that her address is 89 Simpson Avenue, Avondale Heights. Kerry also tells you that she suffers from epilepsy and takes a drug called Tegretol twice a day.

Complete the following incident report:

INCIDENT REPORT		
Casualty Name:	Surname GELLER Given name (s) KERRY	Sex: <input type="checkbox"/> Male <input checked="" type="checkbox"/> Female
Address:	89 Simpson Avenue, Avondale Heights	Date of birth (DOB): 09/09/1999
Know medical conditions: (Provide an explanation)	Epilepsy (taking medication for condition)	

INCIDENT DETAILS:

Location: **Green Hills Sports Club**

Time: **2:12** am/pm

Date: **20th of November**

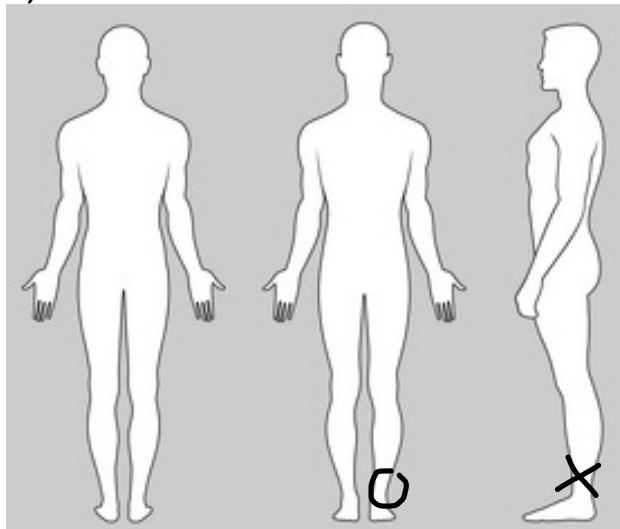
INCIDENT ASSESSMENT:

Danger	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No	Action: No danger as other players had cleared
Response	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No	Action: Responsive
Airway	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No	Action: Clear
Breathing	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No	Action: Breathing
Circulation	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No	Action: strong pulse

DESCRIPTION OF INCIDENT:

Kerry had fallen down in pain after jumping to catch a netball.

ASSESSMENT (area injured)



FIRST AID MANAGEMENT

Transport from incident area:

- | | | |
|---|--|--|
| <input type="checkbox"/> No | <input type="checkbox"/> Human crutch (1 person) | <input type="checkbox"/> Human crutch (2 person) |
| <input checked="" type="checkbox"/> Stretcher | <input type="checkbox"/> Chairlift | <input type="checkbox"/> 2,3 or 4 handed seat |
| <input type="checkbox"/> Other (specify) | | |

Initial management:

Compression, elevation and ice applied to injured area. Taken to hospital by ambulance

FLUID INTAKE/OUTPUT (document approximate amount)

- Blood Urine Faeces Vomit Not Applicable

MEDICATION:

Type of medication:

Dose

Date:

Time:

Person administering:

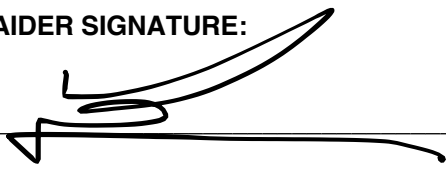
- NO** medication administered

REFERRAL:

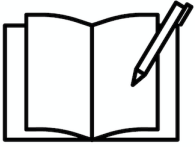
- Hospital Doctor Physiotherapist Other (specify)

FIRST AIDER SIGNATURE:

DATE:



20th of November



INQUIRY TASK 4B

Case study: Session and participant types

Access the 2021 AFL Injury report:

https://assets.vbt.io/public/files/7123/SportsTrainer/2021_AFL_Injury_Report.pdf

Read through the information and write a short report on injuries sustained in the AFL during 2012.

You must include information on the:

- Incidence
- Severity
- Prevalence
- Causes
- Types of injuries

Sample answer guide:

- ***The total injury incidence (number of new injuries resulting in missed matches per club per season) was 33.6 new injuries per club in 2021 compared to 33.1 in 2020. The three most common injuries resulting in missed matches in 2021 were hamstring strains, concussions, and calf strains.***
- ***Hamstring strains remain the most common injury resulting in missed matches in the AFL with an incidence of 4.94 new injuries per club compared to 4.86 in 2020, and the most common cause of matches missed with 20 AFL matches missed per club.***
- ***The total injury recurrence rate remains low at nine per cent and has been relatively stable over the past five years.***
- ***The incidence of concussions causing matches to be missed increased to 3.68 injuries per club in the 2021 AFL season – up from 1.30 injuries per club in 2020.***

REFLECTION BANK



A. In what settings will you need to help prevent injuries for occurring?

- *On the playing field/court*
- *Change rooms*
- *Open or closed areas at sporting venues*
- *Accommodation venues*
- *In transit i.e., on team buses*

B. Explain how sports injuries can impact on the following:

- health system:

When a person is injured, they are likely to require medical attention in the form of doctors and physiotherapists as well as medication. The use of these healthcare services requires the use of Medicare and the Pharmaceutical Benefits Scheme (PBS).

- personal medical costs

Not all healthcare services are fully covered by the government; many of them are subsidised and some are not covered at all. This means that it is up to the individual to pay for the service which can be quite expensive and leave a patient with hundreds even thousands of dollars of expenses.

- anxiety and psychological problems

Exercise releases endorphins that can lead to generalized feelings of contentment and security. Conversely, people who don't ever get this endorphin rush are more prone to depression and anxiety. Even among people who aren't diagnosed with clinical depression or anxiety, lack of exercise can be problematic. Exercise serves as a distraction from daily worries, decreasing the stress most people face in their daily lives.

- body image

Exercise can help you lose weight and develop muscles. But even when you're not losing weight, exercise can improve your body image. A 2009 study conducted at the University of Florida, for example, found that people who exercise have fewer body image problems, even if they do not otherwise meet social ideals for bodily appearance. It's possible that exercise encourages people to judge their bodies according to their usefulness and not just according to their appearance.

SISSSPT001 – Set A

- illness

Lack of exercise has been linked to physical, psychological, and cognitive dysfunction. Your body was made to move, so lack of movement can be detrimental to your health. Some proponents even consider exercise to be a form of medicine that needs to be administered daily for better overall health and disease. An active lifestyle can help reduce your risk for heart disease, mental illness, and Alzheimer's disease.

- team performance moral

Morale can be the fuel that drives a team forward or the fuel that feeds the fires of athlete discontent, poor performance, and a loss of productivity. An injury to a key player in a team can impact on the mindset of the other players as they may feel a loss or gap in the team that may affect the overall team's performance.

Studies have shown that injuries have a significant influence on the performance of a team and that it is vital to the performance of the team and their morale to prevent injuries wherever possible.

C. Identify three policies and procedures that relate to sport injury prevention and management.

- ***Duty of care***
- ***Occupational health and safety***
- ***Reporting and documentation***

D. Why is documentation important for sport injury prevention and management?

You may need to pass documents onto advanced health care staff such as nurses and doctors or may need to be submitted for work cover claims.

E. Describe the roles and responsibilities of each of the following people:

- sports trainer

- ***First aid and emergency care of athletes***
- ***Recognise and provide initial management of injuries***
- ***Legal documentation and responsibility***
- ***Athlete health and well being***
- ***Implement infection control practices***
- ***Injury Prevention***
- ***Assessing and advising on the suitability of venues for safe participation***
- ***Organising fluid replacement for athletes during training and competition to assist with the prevention of heat illness***
- ***Taping ankle/s, thumb/s, finger/s to assist with the prevention of soft tissue injuries***
- ***Conducting warm-up, stretching and cool-down activities***
- ***Budgeting of equipment***

- **Ensuring supplies are replenished and provide a means for forecasting future supplies**

- participants

- **Following proper technique and training programs**
- **Wearing appropriate protective equipment**
- **Seeking medical attention when needed**
- **Following treatment and rehabilitation plans**
- **Communicating with medical professionals and support staff about their injuries and progress**
- **Taking an active role in injury prevention**

- coaches

- **Teaching proper technique and training programs (e.g., demonstrating proper form, providing warm-ups and cool-downs)**
- **Ensuring that athletes are wearing appropriate protective equipment (e.g., helmets, pads, or mouthguards) and that equipment is properly maintained and replaced**
- **Providing guidance on injury prevention and management
Monitoring athletes for signs of injury and communicating with medical professionals and support staff
- support staff**

F. Describe one limitation of your role as a sports trainer

Scope of practice: Sports trainers are not healthcare professionals and are not qualified to diagnose or treat medical conditions or prescribe medications. They can provide first aid and emergency care, but they must refer athletes to healthcare professionals for more advanced or specialised care.

G. List five sports injury risk factors.

1. **Environmental conditions - e.g., weather, heat, humidity, rain, altitude**
2. **Equipment - e.g., incorrect set-up, poor condition, failure of equipment**
3. **Other participants - e.g., reckless, or aggressive behaviour, lack of skill, inability to follow rules**
4. **Participant mismatch - e.g., matched with more or less skilled athletes**
5. **Poor officiating - e.g., officials and umpires do not properly enforce rules or regulations**
6. **Training regime - e.g., poor designed training program, lack of rest and recovery periods, bad technique**

H. Explain what it means when talking about the 'incidence' of sport injuries.

Incidence of sport in injuries refers to the occurrence, rates or frequency of the injuries happening

I. Outline three types of sports injuries.



- Sprains
- Strains
- Fractures

J. Outline two causes of sports injuries.

1. ***Improper technique: Using poor technique when participating in sports or physical activity can increase the risk of injury. For example, using poor form when lifting weights can increase the risk of muscle strains, while using poor technique when running or jumping can increase the risk of sprains and strains.***
2. ***Overuse: Participating in a single sport or activity for long periods of time, or training at high volumes or intensities, can increase the risk of overuse injuries. Overuse injuries are caused by repetitive stress or strain on a specific part of the body, and can include conditions such as tendonitis, stress fractures, and shin splints.***

K. Briefly explain how sports injuries impact on participation.

Sports injuries can have a significant impact on an individual's ability to participate in physical activity. Depending on the severity of the injury, it can cause temporary or permanent limitations on mobility, range of motion, and overall physical function. This can lead to a reduction in the ability to participate in sports or physical activities, potentially resulting in a decrease in physical fitness, loss of strength, and decreased confidence in one's physical abilities. Additionally, sports injuries often result in physical and emotional pain, which can further discourage participation. In some cases, sports injuries can also result in financial costs, such as medical bills, rehabilitation expenses, and lost wages if the individual is unable to work due to their injury.

Overall, sports injuries can significantly impact an individual's ability to participate in physical activities and can have both physical and emotional consequences.

L. List three symptoms of a sports injury

- ***Bruising***
- ***Swelling***
- ***Pain***

M. Explain the considerations of each of the following medical conditions regarding sports injury prevention:

- asthma

Use inhalers or other medications to manage condition and reduce risk of asthma attacks during physical activity

- diabetes

Monitor blood sugar levels and adjust insulin doses or use other medications to manage condition

- epilepsy

Take medications to manage condition and reduce risk of seizures

N. Identify the three types of muscular actions relevant to movement in sport.

1. **Eccentric**
2. **Isometric**
3. **Concentric**

O. Identify the four types of joint mechanics relevant to movement in sport

1. **Range of motion**
2. **Stability**
3. **Alignment**
4. **Power**

P. What is the purpose of a warm-up?

The purpose of a warmup is to increase the blood and oxygen supply to the working muscles in preparation for a period of prolonged exercise. This will prepare specific joints and the body generally, for the extra stress of strenuous physical activity, and to gradually increase the heart rate. Muscles also need to be stretched to reduce the risk of muscle strains.

Q. What is the purpose of a cool down?

Cooling down is a gradual decrease in activity level lasting between 5 – 10 minutes and is important in preventing pooling of the blood in the limbs that can lead to fainting or dizziness. The concept of a cool down is to gradually lower the body and muscle temperature by decreasing the blood and oxygen supply to the working muscles after a period of prolonged exercise. Furthermore, cooling down improves the recovery of the muscles, heart, and other tissues through the removal of waste products. It also allows the heart rate to gradually return to resting levels.

R. What is the main function of sports tape?

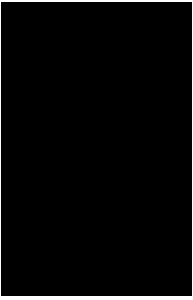
The main purpose of sports taping is to provide support and stability to injured joints, muscles, and other tissues, and to reduce the risk of further injury. Sports tape can also be used to reduce pain and swelling, improve mobility, enhance performance and to improve the function of the injured area.

S. Identify two contraindications to consider when taping an athlete

1. ***Sensitive skin: Sports taping may not be suitable for individuals with sensitive skin, as the adhesive in the tape may irritate or cause an allergic reaction.***
2. ***Skin conditions: Sports taping should be used with caution in individuals with skin conditions such as eczema or dermatitis, as the tape may worsen these conditions.***

T. Outline one self-reflection technique sports trainers can use to help them identify areas of improvement.





- ***Journaling: Writing down your thoughts and observations about your injury prevention practices can help you to identify patterns or areas for improvement.***



SISSSPT001



ROAD MAP

Medical assessment strategies



Do you know?

- DRSABCD
- STOP
- TOTAPS
- RICER
- NO HARM



How does reflection help your injury prevention and management practices?

10

9

Can you correctly tape an ankle, thumb, finger, shoulder, elbow, achilles tendon, knee and wrist?



6

Why is screening participants an important part of injury prevention?

5

Can you identify the symptoms of a sports injury?

8

Can you list and describe injury prevention strategies?

What is a warm-up and cool-down?

7

What impact does injury have on participation?



What is the difference between a sprain and a strain?

4

Can you provide participants with sports injury prevention and management information?

What are the common causes of sports injuries?

2

Do you know the roles and responsibilities of sports trainers, athletes, coaches and healthcare professionals in injury prevention and management?



What is the process of reporting and documenting injury?

1

What is your duty of care when preventing managing sports injuries?

3

Can you list the types of sports injury risks and the factors you need to be aware of?