



**FOOTBALL SOUTH COAST LTD.**

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**Fraternity Club Commercial Centre**

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## **SERIOUS INJURY ALERT – 6/6/12**

6 June 2012

Council and Club Members.

cc: Illawarra Football Referees Association, David Naylor, David Ware, Nichole Mears

Dear Sir/Madam,

### **RE: Attending to Seriously Injured Players**

I would like to bring to your attention the issue on treatment of players sustaining serious injury in matches. In the majority of circumstances correct procedures have been followed. However, there have been a couple of incidences that have been brought to my attention, hence my writing to you.

If a player is seriously hurt then your approach to the injured player should be:<sup>1</sup>

- Stop – stop the player from moving;
- Talk – ask a series of questions to the player e.g. where does it hurt, what and how did it happen, what did you feel, what do you feel etc;
- Observe – observe the player e.g. is the player distressed or, is the player lying in an unusual posture, is the player concussed, is there swelling, etc;
- Prevent – prevent further injury – if it is a severe injury please get professional help (call an ambulance) and do not move the player.

All Men's Premiership clubs should have a Level 1 accredited trainer (Sports Medicine Australia) on hand. A course was run last year. If you require a trainer course for people at your club please let the FSC office know.

If you require further discussion please do contact me on 4285 6929 or [ceo@footballsouthcoast.com](mailto:ceo@footballsouthcoast.com)

Yours Faithfully

Bill Kostandas

Chief Executive Officer

Football South Coast Limited

<sup>1</sup> Sports Medicine Australia, 6<sup>th</sup> Edition March 2002; Safer Sports Program, p93.