

Five steps to Player Welfare



Be a lifesaver; know your A-B-C

- **A:** Airway, **B:** Breathing, **C:** Circulation
- Saving a life always starts with A
- If you don't have an A you won't have a B or C
- Airway: open it, clear it, maintain it



If they are on the deck, think about the neck

- Don't shake them, don't roll them, don't sit them up
- Think about the spine, keep it in line and take your time
- Stop the game and ask about pain
- An unconscious player has a neck injury until proven otherwise



Train to prevent injuries

- Don't suddenly change your training
- Protect players returning from injury - they are at increased risk of injury
- Undertake high risk training (contact, sprints) at low risk times (when not fatigued)
- Injury prevention: it's in the balance (exercises)



Tackle concussion

- Don't lose your head, read the signs instead
- Concussion makes no sense - a concussed player may be confused - they are at increased risk of harm and should be removed from the game
- Recognise and remove
- If in doubt, sit it out
- Don't risk your brain to win a game



Kick infection into touch

- Don't share your blood on clothes and towels; blood spreads infection; wash it or dispose of it
- A wound neglected is a wound infected
- The solution to pollution is dilution - wash the wound with large amounts of water
- Clean it, then cover it