



Coach Education
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**American
Red Cross**

First Aid for Coaches

First Aid for Coaches is designed to help coaches recognize the signs of emergency and injury situations and to guide them in proper response to these situations. This course, a component of Sport Safety Training, is a Web-based course co-authored by the American Red Cross of Greater Indianapolis and the United States Olympic Committee.

The course teaches American Red Cross first aid in the context of sport and the prevention of sport-related injuries. The participant will learn about becoming a more responsible coach and safely returning the athlete to play. The course takes approximately four hours.

Course participants will receive the Sport Safety Training handbook, a user-friendly quick reference tool that can be placed in a first aid kit for easy access in an emergency.

First Aid for Coaches certification is valid for 3 years at which time a coach will need to retake and recertify in order to remain current.

The *First Aid for Coaches* program must be completed within ninety (90) days of registration, but there is no requirement as to how much time must be spent, either as a maximum or a minimum, in each of the seven units.

Unit 1: Coaching Responsibilities and Injury Prevention

- Coaching Responsibilities
- Medical Evaluation
- Emergency Action Plan
- Supervising Athletes
- Appropriate Supervision
- Guidelines for Parents
- Injury Prevention Checklist
- Training
- After an Injury Occurs
- Weather-related Injuries

Unit 2: Preventing Disease Transmission

- Pathogens
- Gloves
- Hand Washing
- Prevention Strategies

Unit 3: First Aid

- The Chain of Survival
- How to Recognize an Emergency
- Emergency Action Steps

Unit 4: Breathing Emergencies

- Types of Breathing Emergencies
- Emphysema
- Asthma
- Severe Allergic Reaction
- Hyperventilation
- Respiratory Distress

Unit 5: Prevention and Care for Specific Injuries

- General Injury Prevention
- Checking the Injured Athlete
- Head, Neck & Back Injuries
- Dehydration
- Shock
- Wounds
- Bleeding
- Burns
- Moving the Injured Athlete
- Muscle, Bone & Joint Injuries
- Internal Bleeding

Unit 6: Sudden Illness

- Signals of Sudden Illness
- Fainting
- Seizure
- Stroke
- Diabetic Emergencies
- Poison Emergencies
- Anaphylaxis
- Bites & Stings
- Heat & Cold Emergencies

Unit 7: Sport Psychology

- Recognizing Conditions That Predispose Athletes to Injury
- Providing a Supportive Environment
- Reducing the Fear of Re Injury Rehabilitation
- Building Self-Confidence During Rehabilitation
- Motivating Rehabilitation
- Nutritional Abuse
- Psychological Injuries
- Substance Abuse
- Critical Incident Stress Debriefing (CISD)

American Red Cross curriculum is subject to ongoing review by nationally recognized experts. Curriculum for all courses offered by the American Red Cross undergoes a minimum of three (3) revisions prior to launch. Experts in each course area bring informed and rigid scrutiny to the curriculum development and modification process. National partners in course and instructional material development include:

- Center for Disease Control
- Federal Emergency Management Association
- National Institute of Health
- National Institute of Sciences
- National Parks & Recreation Aquatics Council
- Naval Aviation Schools Command, Survival
- Occupational Health and Safety Administration
- United States Olympic Committee

Guidance and review of course materials has been provided by professional advisers from:

- American Camping Association
- American Society of Poison Control Centers
- Boy Scouts of America
- Children's National Medical Center, Washington DC
- Girl Scouts of the USA
- National Association of Emergency Medical Services Physicians
- National Athletics Trainers Association
- National Council of State EMS Training Coordinators
- National Diabetes Information Clearinghouse
- National Swimming Pool Foundation
- United States Air Force Pararescue Association
- USA Swimming

The Red Cross Online Training (RCOT) system maintains the environment for each participant by limiting the technological requirements imposed on the student's computer hardware. By using streamlined technology features, the student is more likely to be able to take the class concentrating on the content rather than being distracted by repeated technology problems and calls to the help desk.

At the end of each training course, the student is asked to participate in a survey to gather feedback on the registration process, the experience of the student while in the course, and the content of the course. This feedback is reviewed by Red Cross personnel to ensure that necessary updates to the course are worked into course updates, as well as instructional updates that will help the students avoid problems in the future.

In addition to these as-needed updates, the entire curriculum is reviewed every five years and is updated. This includes both the on-line course-ware and the printed book that each student receives. The updates include maintenance of the course material (new techniques, responses to new situations the students may face in real life, etc.) as well as the delivery mechanism itself to update the look and feel of the course and to optimize the use of technology. These updates are done in accordance with guidelines from the American Red Cross Advisory Council on First Aid, Aquatics, Safety and Preparedness and are documented in the *American Red Cross Health and Safety Services Manual of Administrative Policies and Procedures*.

The material for the class has been developed by Red Cross trained and authorized safety

instructors. Critical input was also provided by USOC Coaching staff. The materials referenced are Red Cross standard safety and emergency guides that have been certified for use throughout the organization. These materials have been worked into RCOT in an effective manner by personnel with extensive experience in teaching and using the materials and personnel holding a masters degree in adult distance learning. When outside expertise is required, recognized domain experts in the field are recruited for their help in preparing the appropriate content.

Students are made aware of the class by their sponsoring organization and are brought to the on-line training system by click-able links from the organization's own web site. In addition, students will be recruited in online forums, advertisements and other marketing methods. Once registered in the RCOT system, student records are analyzed for notification to the student if their certification is about to expire and to let them know of course updates if they occur.

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