

GOALS OF THE CLARKE COUNTY BASKETBALL LEAGUE

A. PREVENTION OF INJURIES AND ACCIDENTS FROM OCCURRING

B. TREATMENT OF MINOR INJURIES

C. PROCEDURES FOR SERIOUS INJURIES

A. PREVENTION

1. **HYDRATION** OF PLAYERS
 - a. before the games and practices
 - b. during the games and practices
 - c. after the games and practices
2. Stretching and warmups
3. Keep the floor clear and clean a. before the game or practice b. previous practice or game c. after your practice or game

The **hydration** of your players will prevent them from becoming exhausted quickly which then can lead to injuries such as strains, sprains, or cramps. Dehydration will fatigue your players and cause them to take unnecessary chances on the court, which may cause these injuries. Stretching and warm-up drills will increase body temperature and prevent injuries. Keeping the floor clean is as easy as making a quick search for any loose clothing, lint, or trash. Keeping the floor clear is going to be the **difficult** part. All coaches and parents should ensure that only participants are on the court during warm-ups and games. Immediately following a practice or game give the teams a chance to leave the floor before moving on to it for your practice or game. Teams finishing a practice or game should be hustled off the court by the coach to the sidelines to shake hands and have their team meeting. These actions may prevent collisions between players, which can cause injuries.

B. TREATMENT OF MINOR INJURIES

1. Nose bleeds
2. Sprains
3. Strains
4. Jammed fingers

Treatment of most of the common injuries associated with basketball is easily accomplished with a common sense approach. Coaches should research these treatments prior to them occurring if they are not comfortable with their present knowledge on recommended procedures.

C. SERIOUS INJURIES OR ILLNESSES

1. Neck, back, and spine injuries
2. Suspected broken bones
3. Shortness of breath (ASTHMA)

It can be very difficult dealing with a serious injury or illness. If you suspect an injury or **illness** to be serious immediately instruct a responsible person to dial 9-1-1, and have that person return and inform you that this has been accomplished. Keep the injured person calm and motionless. This will help relax all parties involved and prevent possible further injury. Seek assistance from other coaches and parents of the injured, knowing beforehand any possible illnesses your players may experience will better prepare you to handle an emergency situation.