Athletic First Aid: Questions and Athletic First Aid Plans

**What are the Roles and Responsibilities’ of an Athletic First Aider?**

**What are the legal responsibilities of an Athletic Trainer (in Alberta/north America)?**

**What should an athletic first aid kit contain?**

**What are 5 body areas/parts that an athletic trainer should know how to tape?**

/ Total 20 marks

Major Project

**Choose 3 different types of injuries from the list below and create a COMPEHENSIVE athletic first aid management plan for this injury**: (30 marks)

Requirements: MUST be neatly written/typed, in your own words and based on VALID and reliable research that is current and from Alberta or National (North American) Standards of Athletic First Aid. Plagiarism will not be tolerated or accepted.

How To: Create an athletic first aid management plan by first determining WHAT the injury is and which parts of the body it will affect. HOW are you going to treat it? WHAT will you recommend to the athlete in term of rest time and activity? Think about ALL aspects of the athlete.

* Ankle Strain/Sprain
* Thumb strain/Sprain
* Concussion
* Rotator cuff strain/tear
* Fractured Clavicle
* Fractured Metacarpals (wrist)
* Illiotibial Syndrome (IT syndrome)
* Achilles tendon strain
* Dislocated Shoulder
* Dislocated knee
* ACL/MCL/PCL/LCL strains
* ACL/MCL/PCL/LCL tears
* Quadriceps tear
* Shin Splints
* Plantar Fasciitis