

# FITBA, FOOD and FIRST AID



## FITBA FIRST



Scottish Football  
Partnership Trust

SUPPORTING SCOTTISH FOOTBALL  
AT THE GRASSROOTS

UEFA

FOUNDATION™

for children

# WHAT IS FITBA FIRST?



**Fitba First** is a project for young children developed by The Scottish Football Partnership Trust and funded by The UEFA Foundation for Children. The project is delivered over a five-day school holiday period in partnership with community football clubs and aims to help maximise the participants' future health and wellbeing prospects. Through a fun and interactive structure and delivery, **Fitba First** provides a daily three-hour session of free-to-access fun football activity, education on diet and nutrition, a healthy breakfast and lunch and bespoke training in Sports First-Aid delivered by Tutors from the Hampden Sports Clinic.



## Fitba

Good health and wellbeing is a key component of successful learning and social development in young people. By providing the children with 90 minutes of free football activity each day, the Fitba First project will help achieve the Scottish Government's 'Let's Make Scotland More Active' strategy of ensuring that 80% of those under the age of 16 meet the minimum level (one hour) of daily moderate activity.

## Food

The project will also embrace The Scottish Government's guide to implementing the Nutritional Requirements for Food and Drink in Schools (Scotland) Regulations 2008. Each participant will receive healthy food at breakfast and lunchtime as well as positive messages and advice on ways to improve their diet and daily nutritional intake of food. A good diet is essential for good health and, with childhood obesity an ever-increasing problem, Fitba First will try and put an early tackle in to positively influence the young people's current and future health prospects, reducing the risk of developing obesity-related issues such as diabetes, some types of cancers, coronary heart disease and strokes in their later lives.

## First Aid

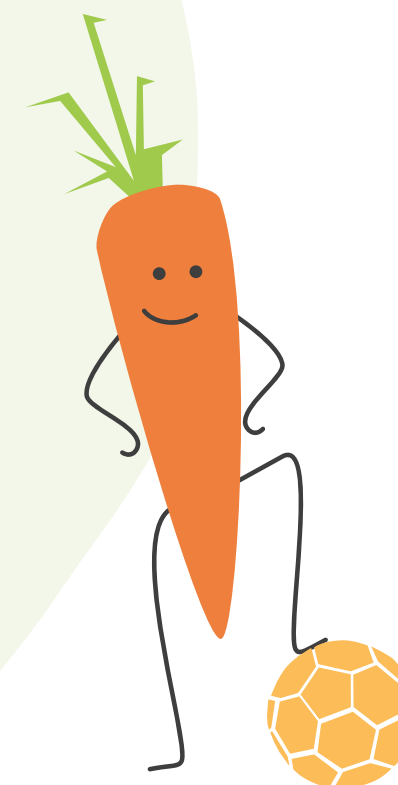
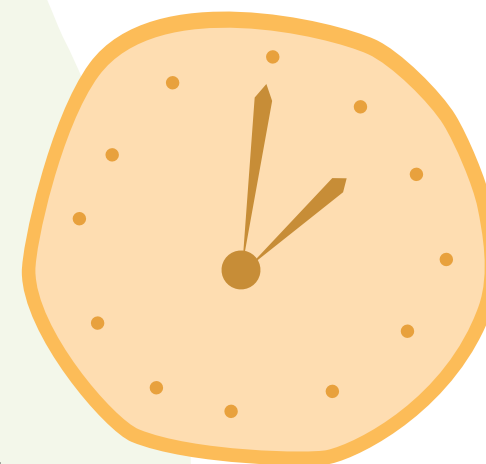
According to St. John's Ambulance, 7 out of 10 children would not know what to do if someone was hurt. Fitba First aims to provide essential first aid skills, teaching children how to stay safe and calm in an emergency and how to administer basic first aid, whilst building their confidence and gaining important life skills.



# SESSION STRUCTURE



10.00 A.M.	<b>CHILDREN ARRIVE AND ARE SERVED A BREAKFAST SNACK</b>
10.15 A.M.	<b>COACH'S CORNER (15 MINUTES)</b> <ul style="list-style-type: none"> <li>- Education around positive nutritional and lifestyle messages.</li> </ul>
10.30 A.M.	<b>FUN FOOTBALL SESSION ON PITCH (1 HOUR, 30 MINUTES)</b> <ul style="list-style-type: none"> <li>- <b>Structured warm-ups and cool-downs</b></li> <li>- <b>Daily football themes:</b> passing, dribbling, technique and control, shooting and defending.</li> <li>- <b>Fun game related activities</b></li> <li>- <b>Team-building and problem-solving activities:</b> focusing on improving confidence, communication, teamwork, decision-making, respect for others and developing participants' cognitive skills.</li> <li>- <b>Small-sided games:</b> fun and competitive play and freedom of expression.</li> </ul>
12.00 NOON	<b>HEALTHY LUNCH IS SERVED (15 MINUTES)</b>
12.15 P.M.	<b>SPORTS FIRST-AID TRAINING (45 MINUTES)</b> <p><i>Practical sessions are led by trained tutors from the Hampden Sports Clinic on day 2 and 5 and by Club Coach's on the remaining 3 days</i></p> <ul style="list-style-type: none"> <li>- <b>Session 1:</b> What is First-Aid?</li> <li>- <b>Session 2:</b> How do we do Basic Life Support (BLS) and use a Defibrillator (AED)</li> <li>- <b>Session 3:</b> Injuries</li> <li>- <b>Session 4:</b> Head Injuries</li> <li>- <b>Session 5:</b> Medical Conditions</li> </ul>
1.00 P.M.	<b>CHILDREN DEPART</b>



# SESSION BREAKDOWN



## FITBA, FOOD and FIRST AID

SESSION 1

COACH'S CORNER - The Eatwell Guide: 5-a-day, every day  
FOOTBALL SESSION - Daily theme: Passing + warm-ups/cool-downs  
FIRST AID SESSION - What is First Aid?

SESSION 2

COACH'S CORNER - Water and hydration: Drink up!  
FOOTBALL SESSION - Daily theme: Dribbling + warm-ups/cool-downs  
FIRST AID SESSION - How do we do Basic Life Support (BLS) and use a Defibrillator (AED)?

SESSION 3

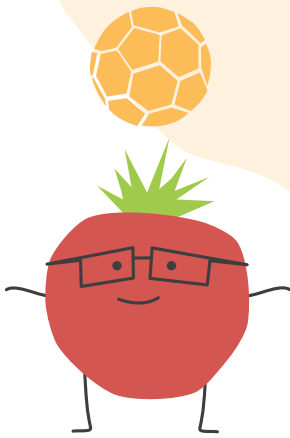
COACH'S CORNER - Breakfast: How to keep your belly quiet  
FOOTBALL SESSION - Daily theme: Technique & Control + warm-ups/cool-downs  
FIRST AID SESSION - Injuries

SESSION 4

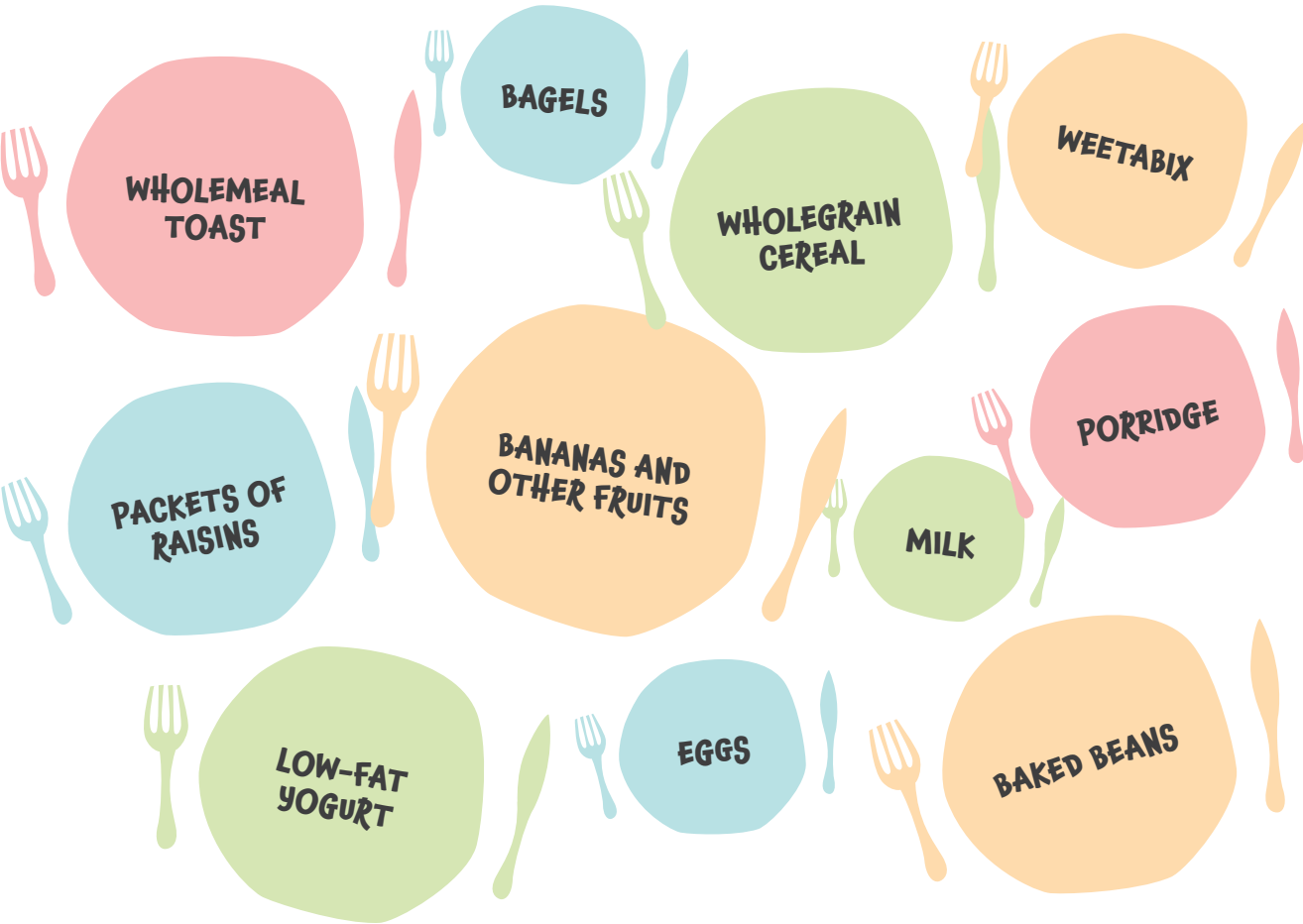
COACH'S CORNER - Energy: Food is your body's fuel  
FOOTBALL SESSION - Daily theme: Shooting + warm-ups/cool-downs  
FIRST AID SESSION - Head Injuries

SESSION 5

COACH'S CORNER - Be sugar and salt smart!  
FOOTBALL SESSION - Daily theme: Defending + warm-ups/cool-downs  
FIRST AID SESSION - Medical Conditions



# BREAKFAST OPTIONS



# LUNCH OPTIONS





WARMING-UP

# RAISING THE BODY TEMPERATURE



Warming-up is often overlooked but should be part of your injury prevention routine.

A GOOD WARM-UP WILL:

- Increase the temperature of muscles – they work better at a temperature of 40 degrees
- Increase blood flow and oxygen to muscles
- Increase the speed of nerve impulses – making you faster
- Increase range of motion at joints reducing the risk of tearing muscles and ligaments
- Warm-up will not only help avoid injury but will also improve performance

A WARM-UP SHOULD CONSIST OF:

- Gentle jog to circulate blood and oxygen supplying the muscles with more energy to work with
- Stretching to increase the range of motion at joints, Dynamic stretching (see diagram on page 7)
- Sports specific exercises and drills
- The warm-up should last between 15 and 20 minutes. Do not warm-up too early. The benefits are lost after about 30 minutes of inactivity

DYNAMIC STRETCHING (STRETCHING ON THE MOVE) – BENEFITS:

- Increased muscle core temperature, muscles prepared in a sport specific way, body prepared for game related movements, improves mental preparation for the game, improvement in joint range of movement, reducing chance of injury and increasing performance levels

EXAMPLES OF DYNAMIC STRETCHES:

- Neck circles, hip circles, trunk rotations, arm circles, walking lunges, side lunges, groins turn – in’s & out’s, heel taps, straight leg kick outs, calf raises, half squat.



COOLING-DOWN

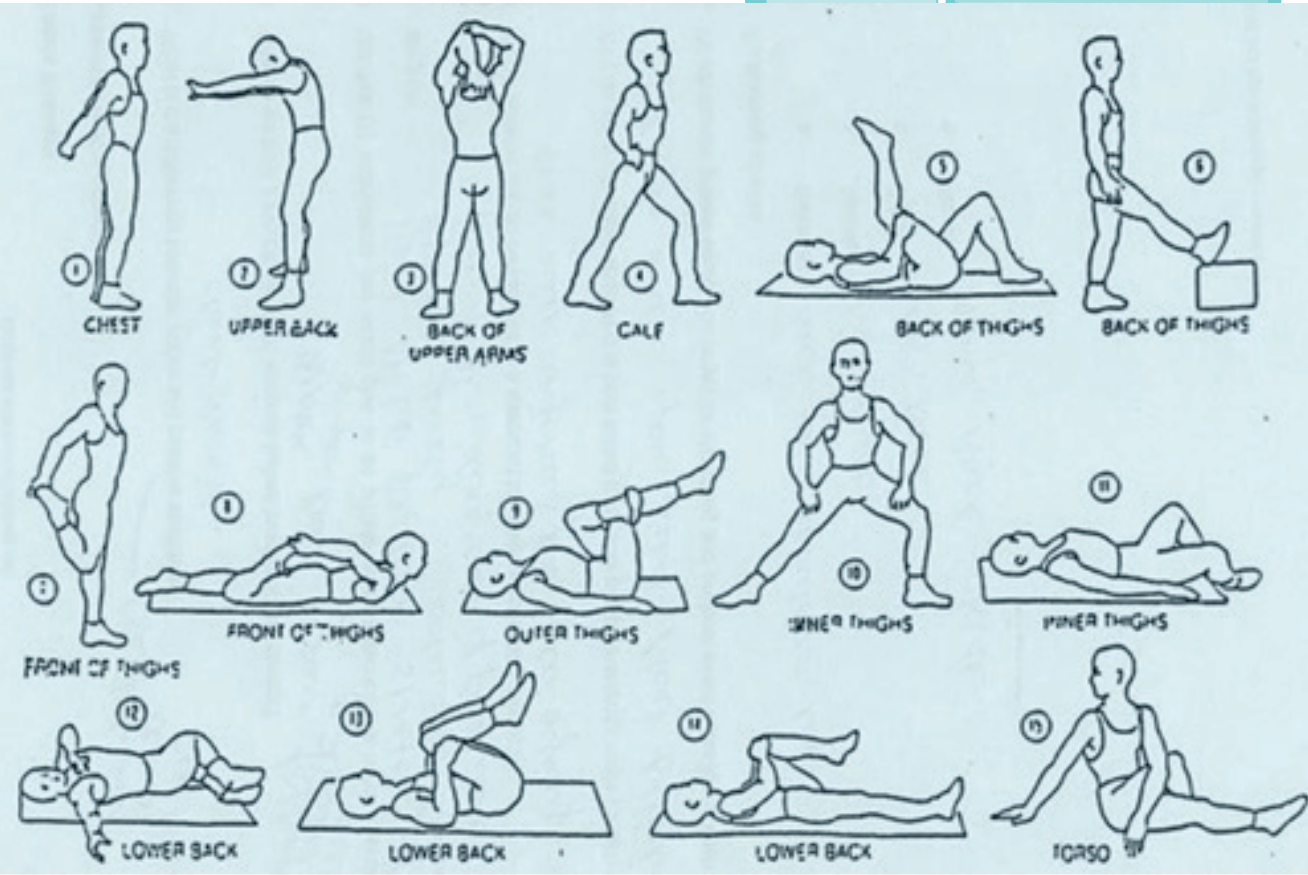
# RELAXING THE BODY



Cooling-down is also often overlooked but can help avoid injuries and boost performance.

THE AIM OF THE COOL-DOWN IS TO:

- Gradually lower heart rate
- Circulate blood and oxygen to muscles, restoring them to the condition they were in before exercise
- Remove waste products such as lactic acid
- Reduce the risk of muscle soreness
- The cool-down should consist of a gentle jog followed by light static stretching (see below)





## 5-A-DAY, EVERY DAY

Fruit and Vegetables are really important for keeping healthy as they contain vitamins and fibre and we should all try and eat FIVE portions each day. There are lots of ways to do this – chop some fruit on your cereal or yogurt, have a banana instead of a biscuit, eat vegetable soup, crunch on some carrots or snack on cherry tomatoes and remember that these foods all provide the body with energy so you can play for longer! Fresh, frozen, tinned, dried or juiced fruit and vegetables all count towards your five portions. You can have a small glass of unsweetened fruit juice or a handful of dried sultanas or apricots – so go discover new ways to eat fruit and vegetables!

### COACH'S KEY FACTS

Stay healthy and eat your five-a-day

## DID YOU KNOW?

### CARROTS

Help prevent tooth decay and help you see in the dark! Carrots are a good source of beta carotene which our bodies turn into Vitamin A which is important for night vision, healthy bones, teeth and skin.



### BLUEBERRIES

May be small but they offer huge health benefits including boosting brain health, keeping your bones strong and can help prevent chronic disease.

### BANANAS

The serotonin found in bananas can help you relax, improve your mood and make you feel happy! Not only that, they help to keep your digestive system working well. They are a firm favourite with sportsmen and women because they contain slow release carbs which help to boost energy levels.

### BROCCOLI

Gives you more energy. The vegetable is rich in iron, without which you can feel tired and lethargic. It also helps with growth, muscle and brain function.



### SNACK ATTACK

....snacking on fruit and veg like carrot sticks and strips of red pepper can keep hunger at bay and because both fruit and vegetables are healthy and filling, including them in your diet can help keep you healthy and refuelled.

### THE B VITAMINS

...are vital for energy production, keeping the brain, nerves, blood and muscles functioning and skin, nails and hair healthy. B vitamins can be found in bananas, peas, beans, lentils and leafy green veg.

### COACH'S QUESTIONS

Q1. "Name a vegetable which helps keep bones healthy"

Q2. "Which fruit can help improve your brain power"

A1. Carrots  
A2. Blueberries

No one single food will provide us with the nutrients we require. Eating a rainbow of 5 fruit and vegetables each day is one of the easiest ways of making sure you have adequate vitamin and mineral levels.

Your bones continue growing until your mid-20s and the best way to make sure you build strong and healthy bones is to get enough calcium in your diet. The richest vegetable sources of calcium are spinach, peas, broccoli, cabbage, celery and parsnips as well as dried apricots and figs.



## PASSING + WARM-UPS/COOL-DOWNS

- (1) theme related warm-up,
- (2) free play incorporating weekly theme within 5v5 matches, (3) cool-down.

### THEME: PASSING

**Structured warm-up activity:** Sequenced passing – to include dynamic stretching (20 mins).

Players split into groups and numbered accordingly.

### INSTRUCTIONS:

Players perform short, crisp passing in numbered sequence – players on their toes, calling for the ball.

### COACHING POINTS:

Crisp passes, players on their toes, no long passes, loud communication, low tempo.

**Physical:** Movement, short runs, balance, co-ordination.

**Technical:** Side foot short passes with both feet.

**Developing:** Communication, teamwork, awareness of others, a sense of responsibility and empowering young people.

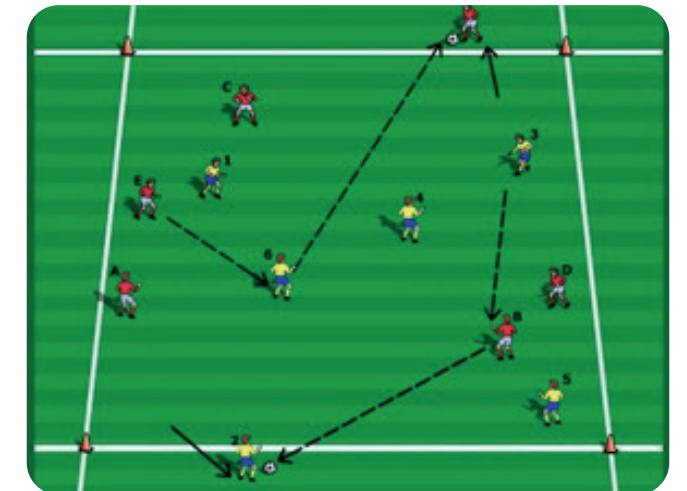
### FREE PLAY:

Teams of rotational small-sided games incorporating the theme of passing.

**Coaching points:** teams encouraged to pass out from the back, the playing area is tight so encourage quick ball movement, one and two touch play is essential, communication is vital, players encouraged to make angles for short passes (60 mins).

### COOL-DOWN:

Incorporate static stretching (10 mins).



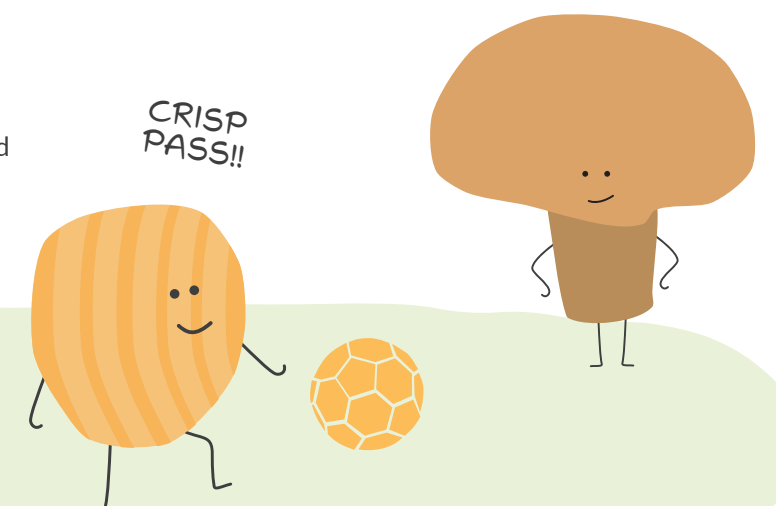
### COACH'S QUESTIONS

Q. "What did you learn at today's session?"

Q. "What did you like about the session?"

### TEAM TALK

Always remember, try to keep active for one hour a day







# WATER AND HYDRATION: DRINK UP!

Don't get thirsty – drink like a dog! Stay ahead of thirst. Drink fluids little and often, especially first thing in the morning as you need to replace the fluids which your body loses during the night from sweating.

It is important to ensure that we drink enough as our bodies need fluids to work properly and to avoid dehydration. Water is ALWAYS the best choice – it has no calories and contains no sugars. Although not as good as water, you could have a small quantity of no-added sugar diluting juice or a glass of semi-skimmed milk which has great protein and calcium benefits. Remember to try and increase your fluid intake during and after physical activity.

**COACH'S KEY FACTS**

Thirst is an indication that you are **ALREADY** dehydrated!

## COACH'S QUESTIONS:

ARE THE FOLLOWING STATEMENTS TRUE OR FALSE:

- TRUE

FALSE

Q1. Drinking water is good for your brain
- TRUE

FALSE

Q2. You work better at school when you drink water throughout the day
- TRUE

FALSE

Q3. Water contains sugar which will help your body
- TRUE

FALSE

Q4. Drinking water is not good for your skin
- TRUE

FALSE

Q5. Drinking water before, during and after physical activity helps you to stay alert and have extra energy

A1. TRUE A2. TRUE A3. FALSE A4. FALSE A5. TRUE

Q. On average, how much water should you drink every day?

A. 6-8 glasses



3-4 glasses



6-8 glasses



10-12 glasses

IT IS IMPORTANT TO REMEMBER THAT YOU SHOULD ALWAYS AVOID ENERGY DRINKS SUCH AS RED BULL AND MONSTER AS THEY CONTAIN HIGH LEVELS OF CAFFEINE WHICH ARE UNSUITABLE FOR CHILDREN



# DRIBBLING + WARM-UPS/COOL-DOWNS

- (1) theme related warm-up,
- (2) free play incorporating weekly theme within 5v5 matches, (3) cool-down.

## THEME: DRIBBLING

**Warm-up activity:** progression, (20 mins).

**Variation:** 1 group of 20 players in grid size 40 by 40 with 12 flags/markers on the outside. On the coach's signal, players dribble as quickly as possible to a flag outside the grid. The first player to the flag stays there until the next command by the coach. No more than one player is allowed to be at a flag at any given time. There will be 2-3 additional players without flags. Those players that were unsuccessful in reaching a flag perform additional ball work, i.e. 10 Juggles prior to rejoining the exercise. Encourage various feints, fakes, cuts and the use of weaker foot as players move inside the busy grid.

## INSTRUCTIONS:

Players must dribble randomly within the grid. Players are not allowed to continuously dribble around the outside edges; they must cut across the grid moving in and out of other players. On the coach's signal, players dribble as quickly as possible to a flag outside the grid.

## COACHING POINTS:

**Developing:** New skills, confidence, adherence to rules, decision making, respect for the coach.

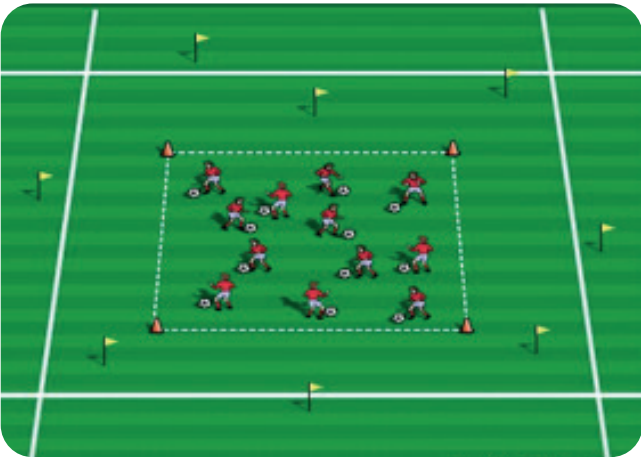
## FREE PLAY:

4 Teams of 5 rotational small-sided games incorporating theme of dribbling.

**Coaching points:** teams encouraged dribbling at speed into space when they receive the ball. The playing area is tight so encourage players to keep their heads up and to scan the playing area when running with the ball (60 Mins).

## COOL-DOWN:

Incorporate static stretching (10 mins).

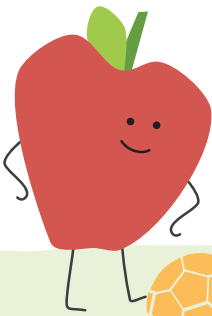


## COACH'S QUESTIONS

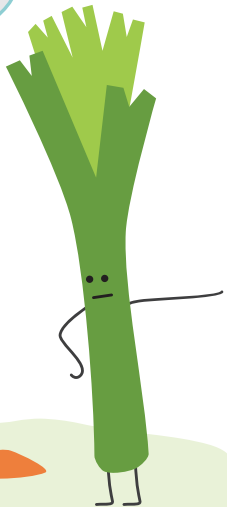
- Q. "What did you learn at today's session?"
- Q. "What did you like about the session?"

## TEAM TALK

Always remember, try to keep active for one hour a day



TO THE FLAG!!





# BREAKFAST: HOW TO KEEP YOUR BELLY QUIET!

Don't skip breakfast! It's the most important meal of the day.

By breaking your "fast" and eating a well-balanced breakfast, you will be providing your body with energy to set you up for the day ahead and stop your belly grumbling in the classroom!

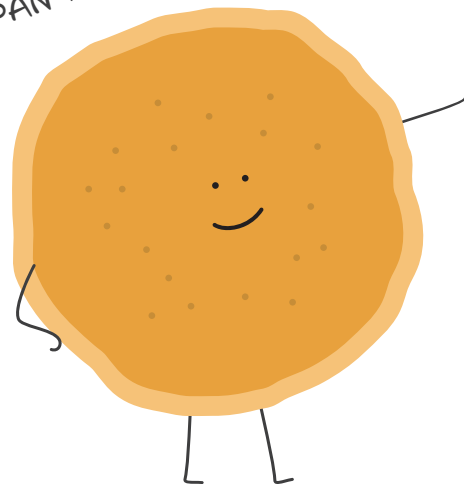
Without breakfast, the body can't do all the things it needs to do as well as it would and eating a healthy breakfast can help boost your mental and physical performance throughout the day.

Drinking water in the morning will also help you to replace fluids lost through sweating in your sleep.

We should all remember that many breakfast cereals are high in sugar, fat and salt and as an alternative, we could choose porridge, shredded wheat or healthier cereals, or why not have some yogurt and fruit, scrambled eggs on toast or a bagel with peanut butter.

At the weekend if you're going to have a cooked breakfast, ask an adult to grill your bacon or sausage and add baked beans, some mushrooms and a tomato - that way you've already ticked off three of your five-a-day!

THAT BREAKFAST LOOKS PAN-TAS-CAKE!!



## COACH'S KEY FACTS

Did you know - that breakfast can provide you with 25% of your daily nutrients!

DON'T SKIP BREAKFAST!  
SHAKE UP YOUR WAKE UP!!



## COACH'S QUESTION

Q. Do you eat breakfast and what would you normally have?



# TECHNIQUE & CONTROL + WARM-UPS/COOL-DOWNS

1) theme related warm-up,  
(2) free play incorporating weekly theme within 5v5 matches, (3) cool-down.

## THEME: TECHNIQUE & CONTROL

**Warm-up activity:** progression, (20 mins).

**Variation:** coach adds in more demanding techniques to include things such as, front foot volleys (both feet), chest, knee volleys. Players workload increased to 60 secs.

## INSTRUCTIONS:

Work for 45 secs then serve (rest) for 45 secs (ratio 1:1) one works while one serves.

**Players perform the following techniques:**

(1) 1-touch passing (alternate between pass to server's feet and hands). (2) Volleys with inside of foot (alternate between left and right). (3) Chest control/thigh control and volley (alternate between left and right).

## COACHING POINTS:

**Developing:** More challenging skills, individual fitness, player confidence, decision making.

## FREE PLAY:

Teams of rotational small-sided games incorporating theme of technique and control.

**Coaching points:** Teams encouraged to utilise all of the skills they have learned. Passing, dribbling, moving into space, working as a team, communicating with others, volleys at goal (60 mins).

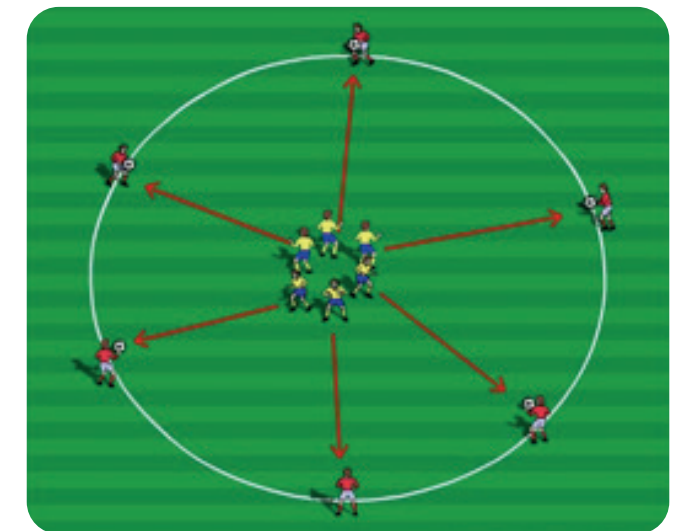
## TEAM TALK

Always remember, try to keep active for one hour a day



## COOL-DOWN:

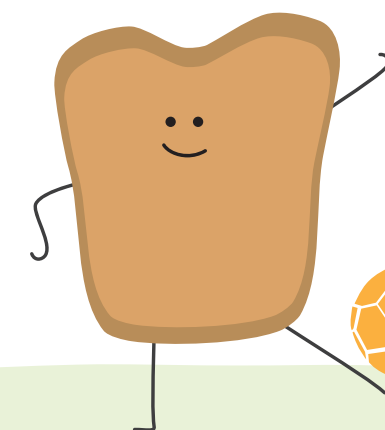
Incorporate static stretching (10 mins).



## COACH'S QUESTIONS

Q. "What did you learn at today's session?"

Q. "What did you like about the session?"



WOW! GREAT BALANCE!! IT'S ALMOST AS IF HE WAS BREAD FOR IT!!!





# ENERGY - FOOD IS YOUR BODY'S FUEL!

Your body is like a wonderful machine – it works hard all the time on growing bigger and stronger. It repairs itself (like healing a cut or a broken arm); it changes itself from a child to an adult and it runs all the systems needed to keep the body working - It's more complicated than the most expensive computer!

To look after this amazing body machine, you need to keep it supplied with the right kind of fuel. Your body, just like a car, runs on the fuel it gets from what you eat. If it doesn't get the right kind of fuel, then it doesn't work very well, or like a car, it can break down.

So your body needs a variety of foods to grow, be active and maintain health - and FOOD is the body's source of energy, especially food containing carbohydrates.

Different types of food provide different amounts of energy and this energy is measured in kilocalories –Kcals.

## HOW DO WE USE ENERGY:

Number of minutes to use 100Kcals of energy;

### FOOTBALL

Boys: 16½ mins

Girls: 17½ mins

### SWIMMING

Boys: 23½ mins

Girls: 25 mins

### WALKING

Boys: 30½ mins

Girls: 32½ mins

### SLEEPING

Boys: 111 mins

Girls: 121 mins

As you can see, different activities use different amounts of energy, so playing football for 16½-17½ minutes will use up 100Kcals of energy and on average, 7-10 year-olds require around 1,740Kcals and 1,970Kcals each day.

## COACH'S KEY FACTS

### DEFINITION OF A MEAL:

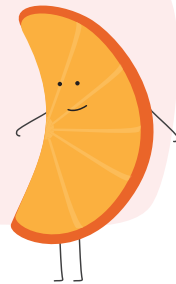
Food eaten at breakfast, lunch and dinner which includes fat, carbohydrate and protein.

### DEFINITION OF A SNACK:

Food eaten in-between breakfast, lunch and dinner which includes reduced portions of the above.

You should eat 3 well-balanced meals and 3 well-balanced snacks each day and that will keep your energy levels consistent.

A person with a healthier diet who is well fuelled and hydrated will out-perform an individual of the same skill/ fitness and ability level.



## DIFFERENT FOODS WILL PROVIDE YOU WITH DIFFERENT LEVELS OF ENERGY... HERE ARE SOME EXAMPLES;

100g of chicken would provide 145Kcals of energy

1 slice of wholemeal bread provides 72Kcals of energy

1 baked potato provides 87Kcals of energy

100g of broccoli provides 25Kcals of energy

Your body uses energy throughout the day. In order to maintain energy levels throughout the day and not experience periods of tiredness, it is important to keep topping up your energy levels by eating regularly.

## COACH'S QUESTION

Q. Your body needs energy to function - how many well-balanced meals/snacks do you need each day?

A. Three well balanced snacks and three meals



# SHOOTING + WARM-UPS/COOL-DOWN

- 1) theme related warm-up,
- (2) free play incorporating weekly theme within 5v5 matches, (3) cool-down.

## THEME: SHOOTING

**Structured warm-up activity:** rotational shooting - to include dynamic stretching (20mins).

**Variation:** Players split into groups of 10 shooting into opposite goals (players rotate sides so as to use both feet when striking at goal).

## INSTRUCTIONS:

Players encouraged to make a 1-2 (wall pass) and shoot at goal. Crisp pass played to set up player who takes two touches to lay ball back for strike at goal. Lay of player (after following up for rebound) collects ball and joins the back of the opposite queue. Player who shoots becomes the set-up player for next shot at goal.

## COACHING POINTS:

**Physical:** Speed and timing of support run.

**Technical:** Weight of pass, control, body position for lay off, shooting options – side foot, front of foot, knee over the ball.

**Developing:** New skills, confidence, communication with teammates, giving and receiving instructions, vision, decision making.

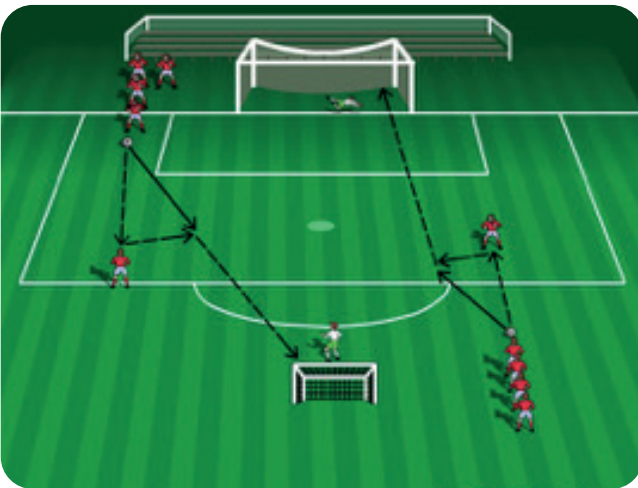
## FREE PLAY:

Teams of rotational small-sided games incorporating theme of shooting.

**Coaching points:** Teams encouraged to be positive in their play at all times with shots at goal at every opportunity (60 mins).

## COOL-DOWN:

Incorporate static stretching (10 mins).



## COACH'S QUESTIONS

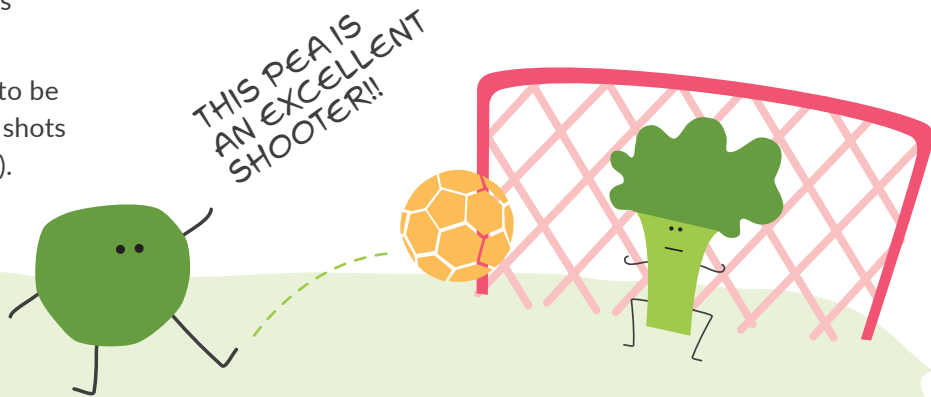
Q. "What did you learn at today's session?"

Q. "What did you like about the session?"



## TEAM TALK

Always remember, try to keep active for one hour a day







# BE SUGAR AND SALT SMART!

## SUGAR – YOU'RE SWEET ENOUGH!!

THE FACTS – The food that we call sugar is a carbohydrate called sucrose which is made up from 2 smaller carbohydrates – fructose and glucose. Glucose is used by our body for energy, and fructose is quickly changed into glucose in our body. Carbohydrates give our bodies energy. Sugar can be absorbed very quickly by the body and used as energy. The body stores the energy it does not need as glycogen in the liver.

## PROBLEMS CAUSED BY TOO MUCH SUGAR

Eating sugary foods can make you feel full for a while but your body is missing out on lots of good stuff, like proteins, vitamins and minerals which it could be getting from healthier food choices. Sugary foods and drinks are high in calories and can contribute to weight gain and tooth decay. Make them your “sometimes” food!

## HOW MUCH SUGAR IS OK?

A little sugar each day as part of a healthy diet is okay but sugar should be less than 10% of the total energy intake each day. That means that if you are between 7-12 years old and drink a 600ml bottle of soft drink, you will have had much more than your sugar allowance for the day as it contains between 12-15 teaspoons of sugar! Fruit, vegetables and dairy foods contain their own natural carbohydrates plus lots of other good stuff as well. You don't need to worry about the sugar in plain milk, plain yogurt and whole fruit and vegetables, as this isn't added sugar. SO eat a balanced diet and your body will be happy and work better!

COACH'S KEY FACTS

NO MORE THAN 6 GRAMS OF SALT EACH DAY

COACH'S QUESTIONS

Q. Can you guess how many teaspoons of sugar are lurking in the following?

Sugary cereal

30 gram bowl

sugary yoghurt

Juice Drink

Answers:  
Sugary cereal = 2  
Sugary yogurt = 5  
Juice Drink = 6  
Chocolate = 5



# DEFENDING + WARM-UPS/COOL-DOWNS

- (1) theme related warm-up,
- (2) free play incorporating weekly theme within 5v5 matches, (3) cool-down.

## THEME: DEFENDING

**Structured warm-up activity:** defending 1v1 - to include dynamic stretching (20mins).

**Variation:** Players split into groups. Each group creates teams of 5 with players numbered and placed into attacking and defending positions (1 player becomes goalkeeper in defending team) teams rotate to attack and defend.

## INSTRUCTIONS:

Coach calls out a number 1 to 5 (defensive player 1 also assumes number 5 to compensate for goal keeper) and the defensive player passes the ball out to his equivalent numbered attacker. Defender and attacker play 1v1 with the emphasis on trying to prevent goals being scored. After a set number of attempts from both teams they rotate so as both teams have opportunities to defend and attack.

## COACHING POINTS:

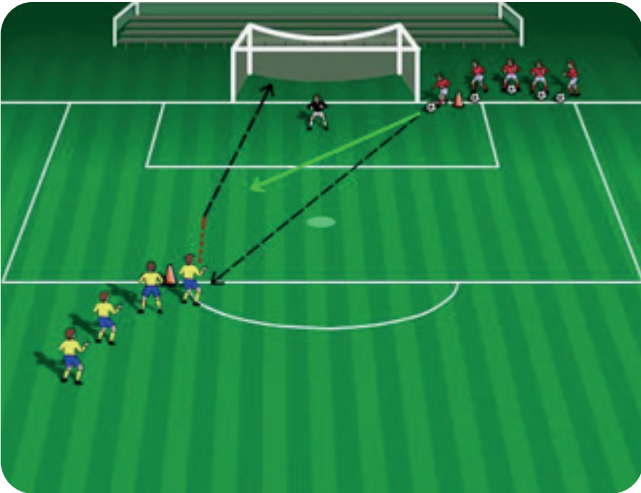
- Physical:** Speed, agility, balance.
- Technical:** Closing down striker's space quickly, angle of approach to striker, body positioning, channel striker away from goal, force striker onto weaker foot.
- Developing:** New skills, confidence, communication between defender and goalkeeper, problem solving, resolve, fair play and decision-making.

## FREE PLAY:

Teams of rotational small-sided games incorporating theme of defending.  
**Coaching points:** Teams encouraged to close down opponents quickly and incorporate their new defensive techniques (60 mins).

## COOL-DOWN:

Incorporate static stretching (10 mins).



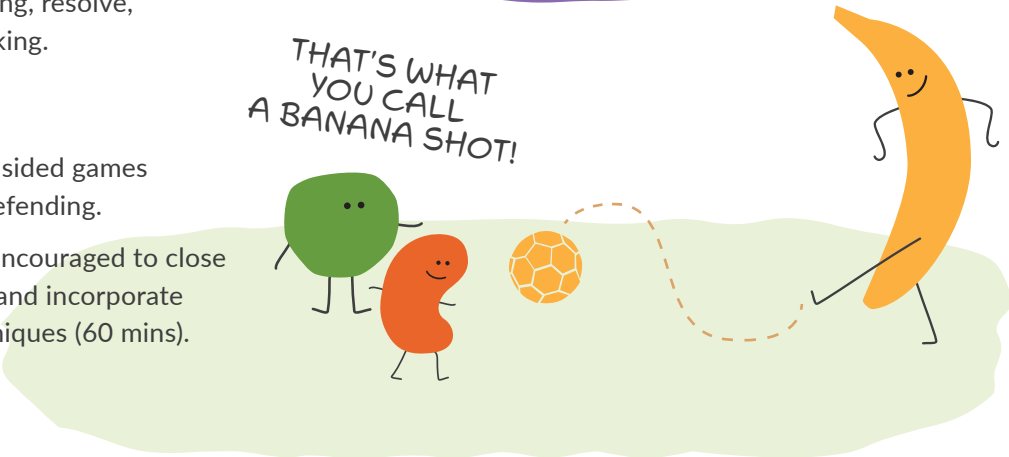
COACH'S QUESTIONS

Q. "What did you learn at today's session?"

Q. "What did you like about the session?"

TEAM TALK

Always remember, try to keep active for one hour a day





# WHAT IS FIRST AID?

First aid is the term for looking after someone who is sick or hurt, we call this person a 'casualty'. Sometimes that means being a friendly face and talking to them to make them feel better and other times we need a grown up or medical person to help us. This week, we want to give you some information and simple skills that you can use to help family, friends or teammates if they need it.

- **ASSESS-WHAT HAS HAPPENED**
- **PROTECT-YOURSELF & OTHERS**
- **STAY WITH THEM**
- **ARRANGE FURTHER HELP**

## COACH'S QUESTIONS

Q. "What types of injury or illness would require First Aid?"

A. Any injury can need first aid from a simple cut or scratch to a more serious injury such as a broken bone. When someone feels unwell, you can help them by being there and keeping calm.

## HOW TO TELEPHONE FOR HELP

It may sound silly, but in the heat of the moment it can be easy to forget to call an ambulance. If there is someone with you, tell them to call 999 and ask for an 'emergency ambulance'. If you are alone, use your speakerphone on your mobile to call.

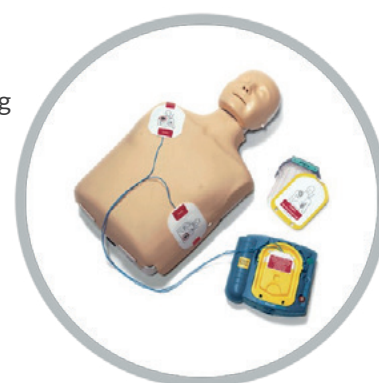
The more information you can provide about your casualties condition, the better. The person on the phone will then ask you for the following information:

- **LOCATION** - Where are you?
- **INCIDENT** - What has happened?
- **OTHER SERVICES** - Do you need police or the fire service
- **NUMBER OF CASUALTIES**
- **EXTENT OF INJURIES** - Are they breathing, bleeding/broken bones?
- **LOCATION** - Repeat

## HOW TO APPROACH AN EMERGENCY?

**DRS-ABCD** is the process you should go through in all situations. This will be the basis for the practical work and scenarios you will take part in.

- **DANGER** - What dangers can you think of at home? And what about on the football pitch?
- **RESPONSE** - Shout in both ears and gently squeeze the shoulders
- **SHOUT FOR HELP** - Get someone to come to help you.
- **AIRWAY** - It's important to open the airway up using head tilt and chin lift
- **BREATHING** - We will show you how to check if the person is breathing
- **COMPRESSIONS**
- **DEFIBRILLATION**



## INCIDENT ASSESSMENT: DRS-ABCD



# HOW DO WE DO BASIC LIFE SUPPORT (BLS) AND USE A DEFIBRILLATOR (AED)?

## DRS-ABCD - DANGER

Danger to the first aider- is it safe to approach the casualty?

## DRS-ABCD - RESPONSE

Check the level of responsiveness of the player by SPEAKING to him/her.

If they don't reply, gently squeeze their shoulders. If they speak back to you, you know the airway is open, the lungs are getting oxygen from the air and the heart is pumping enough blood around the body

## DRS-ABCD - SHOUT FOR HELP

If no response then shout for help. Ask the helper to standby while you do some further checks?

## DRS-ABCD - AIRWAY

The airway is the breathing tube that takes the air we breathe into our lungs.

We lose the tone in our muscles when we are unconscious.

The tongue becomes floppy in the mouth blocking the airways.

Head tilt and chin lift will move the tongue forwards and ensure the airway is open.

## DRS-ABCD - BREATHING

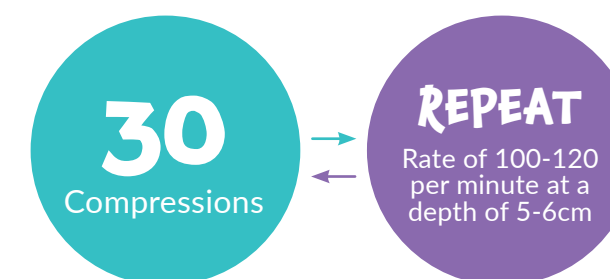
To assess breathing we Look, Listen and Feel.

If your casualty is not breathing adequately, start compressions and send for an emergency ambulance. This is called a cardiac arrest. If they are breathing, we will show you how to put them in the Recovery position.

## DRS-ABCD - COMPRESSIONS

Compressions should be started as soon as possible.

All other participants and individuals involved in the training session should be asked to move away from the casualty.



## DRS-ABCD - DEFIBRILLATION

Compressions alone will not restart the heart. Effective Compressions plus early defibrillation using an automated external defibrillator (AED) is the only treatment for cardiac arrest

Defibrillators are simple to use and you shouldn't be scared to use it. You switch the machine on and listen to the instructions and do what it says.

Check if your team or school has an defibrillator and make sure you know where it is kept and what it looks like-you never know when you may have to use it.

Do not be afraid-the defibrillator will tell you what to do and will not deliver a shock if not required.

## COACH'S QUESTIONS

Q "What dangers might there be at home, in your community or on the football pitch?"

A. Dangers can include traffic, electricity, fire or water. During a football match they include the weather, the surface and other players.



If your casualty is not breathing adequately, start compressions and send for an ambulance.

# INJURIES



Injuries are common in football. They can happen at any time and can normally be treated quickly at the side of the pitch.

THERE ARE 3 CATEGORIES OF INJURIES:

FRACTURES OR BROKEN BONES:

These normally happen in a tackle or are caused by a fall. These cause great pain, can cause the limb to look different and can become swollen or bruised quickly. We cannot do much to help someone who has suffered a fracture but should comfort them, maintain the limb in a comfortable position and call for an ambulance. Do not try to move them.

BLEEDING INJURIES:

If there is blood, you need to put gloves on. Use a squirty water bottle to clean the area and see the wound. Use a swab to add pressure to the area which should stop the bleeding. If it continues to bleed, add another swab and then get help.

STRAINS AND SPRAINS:

Strains and sprains refer to injuries to the soft tissue so muscles, ligaments and tendons. These should all be looked after in the same way by stopping playing and using PRICE when you get home.

COACH'S QUESTIONS

Q "What do you need in your first aid kit?"

A. Gloves, bag for waste, swabs, tape, squirty water bottle are essential. Only include things you can use.



**PROTECT:** The injured limb by removing from play.



**REST:** Relative rest from the activity.



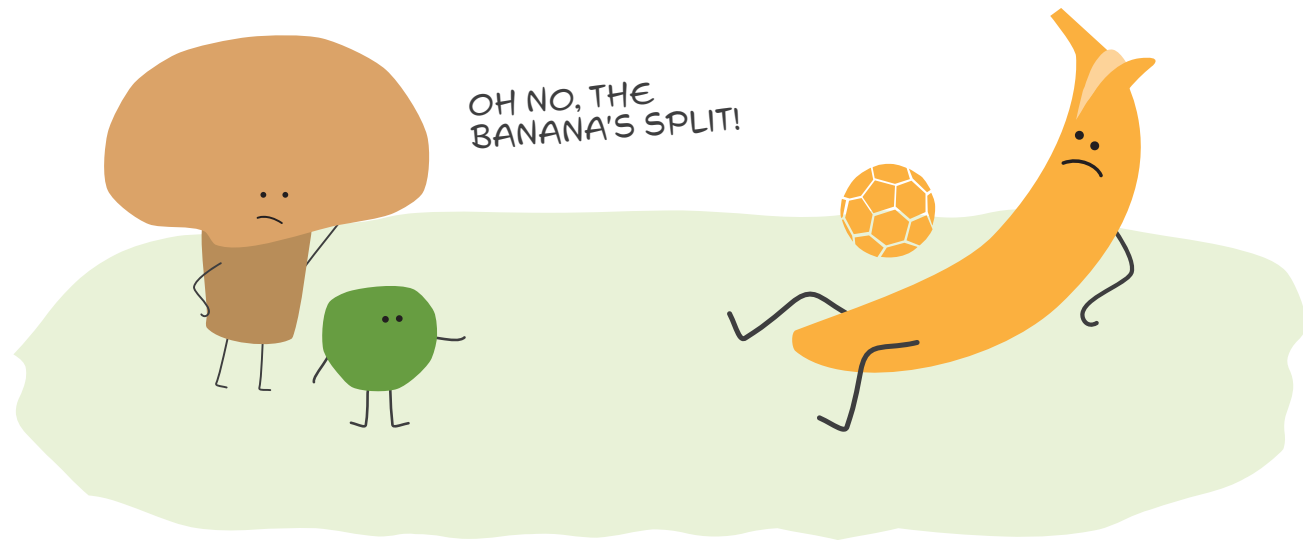
**ICE:** Ideally crushed ice (or frozen peas!) for 10-15 minutes every 2 hours for the first 48 hours post injury.



**COMPRESSION:** This reduces the swelling (go from fingers or toes up towards the heart).



**ELEVATION:** Lift the injured limb, ideally above heart level.



# HEAD INJURIES



Your brain is the most important part of your body. A blow to the head causes the brain to be shaken inside the skull. All head injuries are serious. A head injury can also be referred to as a 'concussion'.

The Scottish Concussion Guidelines state "If in Doubt, Sit them Out" meaning anyone who bumps their head must be taken off the pitch. You then must rest with no football for a minimum of 2 weeks to allow your brain to recover. When you return to training you will follow a 'Graduated Return to Play' and only when you have completed this are you allowed back to full training and matches. Your coach will make sure you don't have any symptoms before you start this.

THERE ARE LOTS OF SIGNS AND SYMPTOMS TO LOOK OUT FOR:

ALTERATION IN CONSCIOUSNESS

- Do they seem confused?

HEADACHE

SENSITIVITY TO LIGHT

ANXIETY

DIZZINESS

SEIZURES

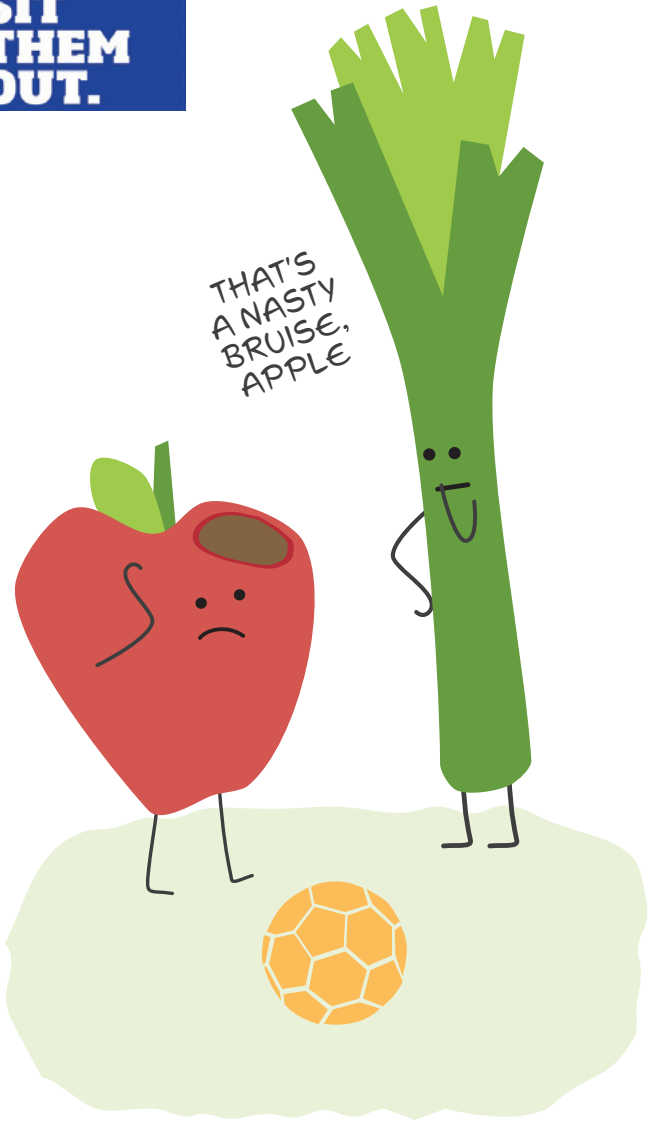
DOUBLE/BLURRED VISION

FEELING OR BEING SICK

**MEMORY PROBLEMS** - They maybe can't remember things like the score.

WHAT SHOULD YOU DO WITH SOMEONE WHO HAS A HEAD INJURY?:

- Remove from the game
- Stay with them until a parent/guardian arrives
- Remember to tell parent/guardian the person has bumped their head





# MEDICAL CONDITIONS



Some of you may suffer from a medical condition or have friends and family who do, and it is important to know what to do if they become unwell.

## ASTHMA:

Lots of children suffer from asthma. It effects your breathing and is often associated with exercise. When you have an asthma attack, you struggle to breathe, (particularly breathing out) and can sound 'wheezy' with tightness in the chest. This can be quite scary and can mean you struggle to speak properly. People become tired quite quickly and it is a medical emergency.

### WHAT DO YOU DO IF SOMEONE HAS AN ASTHMA ATTACK?

- Sit the casualty down and lean them forward
- Assist them in the use of the blue inhaler (reliever)
- Call for an ambulance if they don't get better within 5 mins

## DIABETES:

Diabetes is caused by an imbalance of glucose in the blood as a result of not having enough insulin. During exercise, people can suffer from low blood sugar (hypoglycaemia) which is caused by too little food or too much exercise.

If someone shows these signs or symptoms, give them something to eat or drink which contains a high sugar content, such as a fizzy drink, or some jelly beans

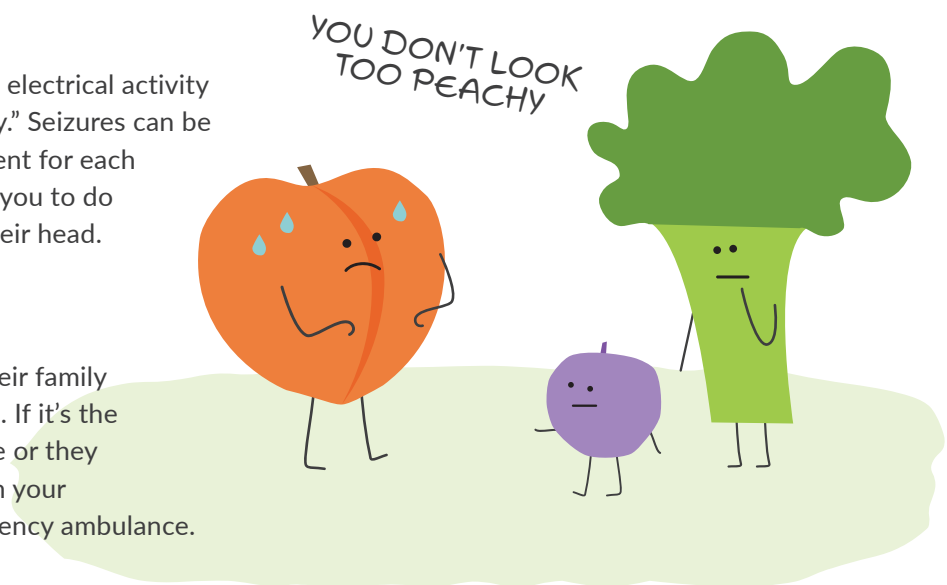
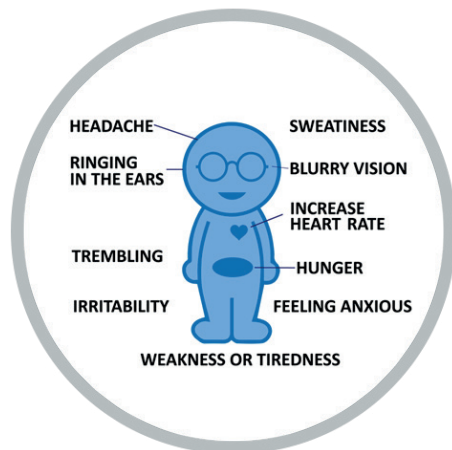
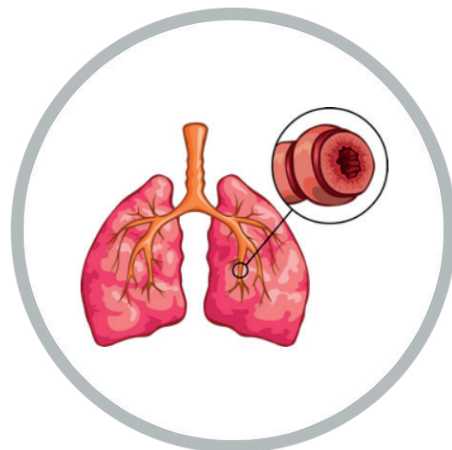
### IF THEY DON'T GET BETTER, CALL 999!

## EPILEPSY:

Epilepsy is defined as "an upset in the electrical activity of the brain, leading to seizure activity." Seizures can be scary to watch and they can be different for each person. The most important thing for you to do is make sure the person doesn't hit their head.

Allow them to have the seizure and then allow them to rest.

You should telephone a member of their family or friend to come and look after them. If it's the first time the person has had a seizure or they have bumped their head or you are on your own with them, call 999 for an emergency ambulance.



# FITBA FIRST QUIZ



- Q1.** To call for an emergency ambulance, you should call 999 immediately.

☒ AGREE ☐ DISAGREE
- Q2.** To open an airway, in the first instance you should tilt the person's head and lift their chin.

☒ AGREE ☐ DISAGREE
- Q3.** If someone is not breathing properly, you should start CPR and administer 10 compressions.

☐ AGREE ☒ DISAGREE (should be 30 compressions)
- Q4.** If someone has a broken bone, you should move them to make them more comfortable.

☐ AGREE ☒ DISAGREE
- Q5.** Resting and applying ice is the best way to treat a strain or a sprained ankle.

☒ AGREE ☐ DISAGREE
- Q6.** If a player has suffered concussion, he or she can get back on the pitch immediately to play football.

☐ AGREE ☒ DISAGREE
- Q7.** Asthma is a medical condition that affects your breathing. If someone is having an asthma attack, you should lean them forward and help them use their blue inhaler.

☒ AGREE ☐ DISAGREE
- Q8.** During exercise, someone with diabetes can suffer from low blood sugar. If they are suffering from any symptoms, you should give them plain water. (should be given a drink high in sugar)

☐ AGREE ☒ DISAGREE (should be given a drink or snack that is high in sugar)
- Q9.** I have enjoyed the football activity and would like to continue playing football or other sports.

☐ AGREE ☐ DISAGREE
- Q10.** My self-confidence has increased because of my improved knowledge of sports first aid from attending the Fitba First project.

☐ AGREE ☐ DISAGREE
- Q11.** I am more aware of healthy choices and the importance of staying fit and active.

☐ AGREE ☐ DISAGREE
- Q12.** I am more confident working in groups and enjoyed playing and learning with my friends.

☐ AGREE ☐ DISAGREE
- Q13.** A healthy balanced diet can help you perform better at school and in sport.

☒ AGREE ☐ DISAGREE
- Q14.** To help you perform at your best at school and playing sports, you should drink at least 6-8 glasses of water every day.

☒ AGREE ☐ DISAGREE
- Q15.** You should always try and avoid foods with too much sugar as they are high in calories and can lead to tooth decay.

☒ AGREE ☐ DISAGREE
- Q16.** What did you like most about the fitba first project?



# FITBA FIRST



**Scottish Football  
Partnership Trust**

SUPPORTING SCOTTISH FOOTBALL  
AT THE GRASSROOTS

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