

[First Aid Website Links](#)

Basketball is a great sport and I as well as you love to participate in this game. Its a great way to have fun and stay in shape. But, in addition to having fun and competitive, we need to be responsible about injuries.

Sprained ankles, jammed knuckles, bruises, torn knees, these are all injuries that happen every year in every school. So before you begin a gym session ask yourself the following questions:

1. Is the floor dirty? Is there trash lying around? Is it wet from winter snow.
2. What about equipment left in gym, such as chairs, mats, balance beams, volleyball nets, etc.?
3. Are there cords, ropes or other tripping hazards around?
4. Are there clothes on the floor near the playing area?
5. Shoes tied?

If "yes" is the answer to any of these questions, take action and clean up the area.

In looking at your players are their shoes tied? Do they have grooming instruments in their hair? How about jewelry? Clothing safe? Observe the same ornamentation standards in practice that are enforced in a game. Every coach needs to be proactive in making sure thri gym is safe for all involved.

Texas Tigers Basketball does not intend to instruct you in the practice of first aid. However, in the interest of safety for your children, the following links are provided for your use. First Aid training is available in most cities. Look in your Yellow Pages under First Aid Instruction and First Aid Supplies.

Send us additional information to publish if you have some to offer!

For Injury

Situations: <http://www.brianmac.demon.co.uk/injury.htm>
<http://www.redcross.org/hss/sst2.html>
http://www.drugbase.co.za/data/med_info/mi_sport.htm
<http://www.varsitylink.com/basketball/training/>
<http://www.nlm.nih.gov/medlineplus/ency/article/003177.htm>

For First Aid On-Line:

<http://www.sportsinjuryclinic.net/>
<http://www.thriveonline.com/shape/sports.injuries.html>
<http://www.parasolemt.com.au/>
<http://personal.cityu.edu.hk/~97483650/>

For First Aid Training and Courses:

<http://www.worldsplayground.com/>

<http://www.lessstress.com/trainer.htm>

<http://www.ets-911.com/>