

## Injury Prevention and Treatment

Watch for fatigue by keeping a periodic scan on participants. If you observe someone losing coordination, stumbling or appearing red faced and flushed, instruct him or her to stand down and take a few minutes rest. If the severity of fatigue is not as grave, just instruct that person to continue with their hands on the hips to reduce the intensity.

If someone falls and is uninjured, instruct them to discontinue stepping immediately. It is most likely that they have pushed themselves beyond their fitness level. Have them report to the front desk. If they are unable to walk without difficulty or the situation involves cardiovascular or respiratory difficulty, discontinue the class, escort them to the front desk and notify medical personnel. If they are not able to walk, discontinue the class, and send someone to the front desk for help, stay with the injured participant in the event that more serious complications evolve and keep them immobilized. Sprains are treated with Rest, Ice, Compression and Elevation (RICE). Apply ice for no longer than 20 minutes at a time every 2 hours. Apply compression above, on and below the injury. Elevate the injury above the heart.

Shin Splints are caused when the calf muscles are trained and the opposing or antagonist muscle, the Tibialis Anterior, is left under-developed. This causes a muscular imbalance as the calf muscle attempts to tear the Tibialis Anterior away from the bone. RICE is the prescribed treatment and toe raises are the prevention.

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