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ABSTRACT

A sound knowledge and training on sports injury prevention of the school teachers, who are directly related to the school sports activities, is imperative for the future development of school sports and there by the national sports. In the mean time the available facilities in schools are vital in relation to prevention or reduction of school sports injury. Hence these two areas have to be addressed and developed at any time to mitigate school sports injuries. Taking Kandy municipality area as a sample Knowledge of injury prevention among Physical training instructors (PTI) and master in charge of Sports (MIC) and the facilities available in the schools was studied.

Among 41 schools 9 schools did not had any PTIs or the MICs. Remaining 32 schools were included for the study. The 32 schools were categorized into four groups. There were7 national schools, 22 Provincial schools and 3 Private schools. There were no PTIs for the schools categorized as other group.

70% of the teachers engaged in school sports had done any kind of a sport in their school days however only 37.74% are currently taking part in any kind of a sport or physical activity. Among the teachers currently engaged in sports, majority do it as a hobby and average 3 days per week they do sports.

70% of the PTIs gained training on sports injury prevention while only21 % of the other teachers involved in school sports activities had gained any kind of training on sports injury prevention. Majority of the teachers who gained training on sports injury prevention had obtained the training either by sports institute of Sri Lanka or training programs organized by the Sports medicine units of teaching hospitals Kandy and Peradeniya. Among 70 PTIs participated in the survey 64.3% had obtained training on first aid while only 38.5% other teachers had a training on First aid suggesting that the trainings should be organized targeting MICs as well. 77.46% of the teachers stated that they are little satisfied or unsatisfied about the training they have obtained for sports injury prevention. However, only 12% said that they are unsatisfied to training on First aid. Hence the future training programs has to be addressed more on injury prevention.

Knowledge on first aid, sports injury prevention and the decision making in the case of a sports injury and the planning of the transportation of injured students to the hospital was surveyed. Only 54.86% of the teachers said that they knew the basic first aid or RICE treatment and only 49.80% knew the correct steps of the treatment. Among the study group 37.71% had the recommended level of knowledge or

judgment to seek the doctor's advice in the case of a emergency critical sports injury. Practices for the sports injury prevention, only 45.14% of the teachers could write at least two correct practices. 70% of the teachers in the study group stated that they have a prior plan to take an injured child to the hospital in a accident during games or practices. Most of them said they will take the student by the school van. The second choice was the three-wheeler which is not suitable for major injuries. However some teachers suggested that they will use the ambulance makes it a positive image on their awareness. For the subjective evaluation, 91% of the study group selected satisfactory choices for the necessary awareness on the sports injury prevention.

Facilities available for the sports practices and games play a vital role in sports injury prevention. The required facility list was prepared using the American school safety guidelines, Clinical sports medicine by Brukner and Khan and international sports medicine association (FIMS) guidelines. The required facilities were divided into two categories as general safety facilities and specific safety facilities for the study. Every school had safe drinking water facilities in the playing area. Among the 32 schools participated for the survey only 68.7% schools had a dedicated ground for the sports activities. However, only 7 schools had a safe play area with even and grassy surface free from any items susceptible for other injuries. 43.7% schools had a dedicated First aid centre with proper hygienic facilities. However all the private schools in the study group had a dedicated First aid centre with a first aid trained teacher assigned all the time. 40.6 % of the schools had a trained teacher for First aid. 78.2% schools had a well maintained first aid box.

Splinter, stretcher, spinal board and cervical collar are the items considered as special facilities. These are life saving equipments needed if a major injury occurs during practices or a competition. Among 32 schools only 4 schools had splinters, 3 schools had stretchers, 1 school had a spinal board and no school had a cervical collar. The private schools in the study group did not have any of these equipments.