Administration of first-aid and prevention of injuries in Kenyan soccer.
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Abstract
Appropriate scientific training demands the cooperation of the coach, player, doctor and physiotherapist. The training process involves the medical examination before a competitive season, the diagnosis and treatment of injuries when they occur, the prevention of injuries and the rehabilitation of the injured back into competitive play. It is in these respects that a coach requires the services of a doctor and/or a physiotherapist on the technical bench. This study therefore attempted to establish whether the soccer coaches were benefiting from the professional support of the doctors. The study sought the views of the Kenyan soccer coaches on the administration of first-aid and the preventive measures against injuries. Specifically, the study attempted to find out whether the Kenyan soccer clubs employed team doctors, whether the coaches had adequate knowledge in first-aid, the injury prevention measures that the coaches enforced, etc. A questionnaire was administered to 42 individual soccer coaches who were attending an advanced Confederation Africaine de Football (CAF) coaching course in Nairobi. Thirty-three (78.57%) were used in the study. The participants were drawn from all the provinces of Kenya except North Eastern. The findings were that 13 (39.4%) of the clubs represented did not have a qualified medical attendant; that in the absence of a team doctor, it is the coach who mostly administered first-aid (42.4%); that out of all the coaches only 15 (45.5%) were well versed in first-aid procedures, among others