

Pelatihan Pencegahan dan Perawatan Cedera Bagi Anggota dan Orang tua Dojo Beladiri Karate Merapi Merbabu Prambanan Klaten

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ABSTRACT

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One sport that is at risk of causing injury is karate, especially kumite. So it is important to care for parents and children so that they are healthy and safe while training and competing. This service aims to provide training in the RICE method for preventing and treating injuries to members and parents of Dojo Merapi Merbabu (DMM) Prambanan Klaten.

The activity method uses theoretical and practical approaches. The theoretical approach includes presentation of material, discussion and ends with evaluation. Practical approach with the practice of the RICE method and independent assignments, on August 27 2023. The target audience for this PPM activity is the members and parents of DMM Prambanan Klaten totaling 40 people.

The results of the implementation of the activity obtained the following data: 1) Participants who attended reached 100%, namely as many as 40 participants attended 2) Participants were able to understand and practice first aid for injuries using the RICE method well, 3) It was implemented All community service program activities are in accordance with the schedule and time distribution that has been determined. This activity is targeted to produce output in the form of Implementation of Agreement (IA).

Kata Kunci: *DMM, training, RICE*