

njury Management Workshop for DIY PON Puslatda Trainers

by Lismadiana, Djoko Pekik Irianto, Agung Nugroho, Rumpis Agus Sudarko

ABSTRACT

Elite athletes are KONI DIY's assets in winning gold medals in the XXI PON Qualification Round (Pre-PON). KONI DIY has held a regional training camp (Puslatda) to prepare for Pre-PON to obtain tickets for XXI PON in Aceh and North Sumatra. The Puslatda carried out by KONI DIY has started on April 1 2022, by establishing a Puslatda as many as 140 athletes, consisting of athletes from 31 sports. During Puslatda athletes must take part in decentralized training in their respective sports. The training material consists of: physical, technical, tactical and mental. The training load carried out by the trainer varies during one week with high, medium, light intensity with heavy, medium and light training volume. Training emphasis varies: heavy and high intensity which often results in injury by athletes. Injuries are often minor, but sometimes serious injuries. In sudden situations during tryouts/sparring partners, or matches outside the city, this can be very burdensome for coaches to deal with injuries. Therefore, at a minimum the trainer must be able to provide first aid. Based on these problems, it is deemed necessary for coaches to know about management to prevent injuries and how to handle them. Providing trainers with knowledge of how to prevent and treat injuries is very useful if an athlete experiences an injury during training, tryouts or competitions. The results of interviews from several Puslatda trainers, only 35% of whom understood injury management, stated that it was necessary to hold an injury prevention management workshop. For this reason, it is necessary to hold a workshop on the management of prevention and treatment of injuries in athletes. The workshop activities can include theory about injuries and practice on how to manipulate injured athletes. The implementation of community service was carried out between two parties: first, FIKK UNY as a resource person in collaboration with KONI DIY. The implementation was an injury prevention management workshop at KONI DIY, with participants from all the trainers who handle the Pre-PON Puslatda, totaling 28 trainers.

Kata Kunci: *Management, injury management, trainers, Puslatda*