

## **Abstract**

**Title:** The level of first-aid procedures knowledge amongst floorball trainers

**Objectives:** The primary aim of this research was to identify to what extent trainers of the Czech highest female floorball league are familiar with the first-aid procedures.

**Methods:** In this research, the sampling method was carried out in the form of an anonymous questionnaire, which was constructed from two parts. The first part of the questionnaire assessed general knowledge (7 questions). The second part tested the participants through a random scenario (15 questions). The number of respondents counted a total of 17 B-licensed trainers, both male and female. The questionnaire was completed with the assistance of the Czech Floorball Union, and the collected data was presented in graphs.

**Results:** Based on the anonymous questionnaire, the findings showed the above-average experience of trainers providing first-aid, during both floorball practice or competition. Most occurring were the least threatening accidents, e.g., athletes getting the wind knocked out or muscle strains. In contrary, shoulder dislocation, stomach and eye injuries had the lowest occurrence rate. Overall, the participants weren't successful at answering the questions regarding first-aid procedures of internal fracture and getting the wind knocked out.

**Keywords:** Floorball, trainers, first-aid, procedures, injury, life-threatening condition