Context: With the high participation rate in youth sports, youth coaches should be educated in injury prevention and first-aid techniques. A number of studies have evaluated the first-aid and injury prevention knowledge of youth coaches. All of the studies have found a severe lack of first-aid and injury prevention knowledge in coaches. In 2002 the National Center for Sports Safety (NCSS) and the NATA developed a first-aid and injury prevention program entitled P.R.E.P.A.R.E. This on-line program educates coaches about first-aid and injury prevention techniques. There are seven modules to the program: Emergency planning, heat and cold illnesses, emergency recognition, medical conditions, principles of first aid, head/neck/facial injuries, warm-up and cool down. A score of > 70% is needed to pass each module.

Objective: To compare the first-aid and injury prevention knowledge of coaches who took P.R.E.P.A.R.E (PC) and those who did not (NPC).

Design: A two group comparison design was utilized. The NPCs took the examination once during the season. The PCs completed the program, the examination, and retook the exam three months later. The comparison between the NPCs and the PCs second examination was utilized.

Setting: Two Mid-Michigan youth football programs.

Participants: Participants were 55 (40.25±7.59 years) youth football coaches who coached in the football programs. Years of being a youth football coach were M=4.13(SD = 4.52).

Measurements: The module and question specific means of the examination were compared using Fisher’s Exact Test.

Results: Fourteen (73.7%) PCs M=61.37(SD=3.82) and 17 (47.22%) NPCs M=55.821(SD=5.14) passed the examination. All coaches passed module 4, medical conditions. There were no statistical differences for the other six modules; module 1 Chi-Square=1.456, df=1, p=.224; module 2 Chi-Square=1.797, df=1, p=.149; module 3 Chi-Square=1.456, df=1, p=.224; module 5 Chi-Square=.537, df=1, p=.655; module 6 Chi-Square=1.095, df=1, p=.424; module 7 Chi-Square=2.903, df=1, p=.108. There were significant differences between PCs for the following questions: When traveling to another facility what action should be taken concerning the emergency action plan, Chi-Square=3.541, df=1, p=0.054; what is the ideal carbohydrate concentration of a fluid replacement solution, Chi-Square= 6.486, df=1, p=0.012; how to care for an athlete suffering a seizure, Chi-Square=7.990, df=1, p=0.004; where are the pressure points, Chi-Square= 7.089, df=1, p=0.007; where is the best place to keep a dislodged tooth, Chi-Square=7.406, df=1, p=0.006; how long should a cool down last, Chi-Square=4.233, df=1, p=0.041.

Conclusions: Having taken the P.R.E.P.A.R.E. program did not significantly improve the passing rate of the examination, but did improve the knowledge on questions related to emergency action plans, carbohydrate concentration, seizure care, pressure points, care for a dislodged tooth, and cool down. Due to the lack of significant differences between PCs and NPCs the P.R.E.P.A.R.E. program should be enhanced to include more detailed information. Word Count: 449