

A SURVEY OF INJURY MANAGEMENT IN THE ASKAB PSSI U-15 SUMENEP REGENCY COMPETITION USING THE RICE METHOD (REST, ICE, COMPRESSED, ELEVATION) AT AHMAD YANI STADIUM SUMENEP IN 2024

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ABSTRACT Survey on Injury Management in the U-15 ASKAB PSSI Sumenep County Competition Using the RICE Method (Rest, Ice, compression, Elevation) at Ahmad Yani Stadium, 2024. Siti Subaida This research aimed to determine the effectiveness of applying the RICE (Rest, ce, Compression, Elevation) method in managing injuries during the U-15 ASKAB PSSI Sumenep County Competition at Ahmad Yani Stadium, Sumenep in 2024. A qualitative research method was employed, with data collected through interviews. The research findings indicated that the performance of the team's medical staff during the matches was suboptimal, both theoretically and practically. Respondents did not fully implement the RICE method. They only applied Rest and Ice as first aid for injuries. Compression and Elevation were not performed. This was due to the fact that most injuries were mild and also because the medical team coordinators were only on duty during the match and not after the U-15 match ended. Theoretically, the respondents were also found to be suboptimal. This was because respondents did not have a massage certificate and had never attended any massage training or other formal medical training. Nevertheless, injury management was still carried out using a combination of the RICE method (70%) and physiotherapy (30%), which proved effective in injury recovery. Both the RICE method and physiotherapy were found to have a significant effect on the recovery process in certain field situations and conditions.

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1. INTRODUCTION

Sport is a physical activity performed by moving the body from head to toe, with the aim of increasing strength and health. By increasing strength in the arms, legs, abdomen, and other parts of the body, the function of each part of the body improves, allowing for optimal daily activities. Regarding sports, the government issued Law No. 11 of 2022. This law states that sports are all activities that involve the mind, body, and spirit in an integrated and systematic manner to encourage, foster, and develop physical, spiritual, social, and cultural potential. Among the functions of sports are to develop physical, spiritual, and social abilities and to shape the character and personality of a dignified nation. This aligns with the goals of sports itself, such as maintaining and improving health and fitness, achievement, intelligence, sportsmanship, and competitiveness.

According to Hendra Ezzy (2018:3) in (Sucipto et al, 2000:7), soccer is a team game, with each team consisting of eleven players, one of whom is the goalkeeper. The game is played almost entirely with the feet, except for the goalkeeper, who is allowed to use his arms in his penalty kick area. Over

time, the game can be played both outdoors and indoors.

According to Hendra Ezzy (2018:3) in (Erwan, 2014:179), the development of soccer in Indonesia has experienced ups and downs. The national team of this country was once feared by other countries in the past, but then showed a gradual decline in performance. Realizing the dream of a developed nation in soccer cannot happen instantly. A process of training talented young people from an early age is necessary. Football schools or SSBs play a crucial role in this development. In recent years, the development of football academies in Indonesia has been booming. The Indonesian Football Association (PSSI), as the governing body of Indonesian football, has established Nusantara football academies spread across several cities across the country. Not only are football schools booming, but youth football championships and tournaments are also emerging.

To attract more athletes in football, especially in Sumenep Regency, the Regency Association of the Indonesian Football Association (ASKAB PSSI) of Sumenep Regency has taken the initiative to hold an Inter-District U-15 Football Competition throughout Sumenep Regency. This event is held annually with

the aim of providing specialized development from an early age to produce skilled and professional football players from our beloved Sumenep Regency. This U-15 competition was attended by approximately 30 clubs, all from their respective sub-districts, with an average age range of 14-15 years. This is sufficient proof that Sumenep Regency cares deeply about the growth and development of soccer athletes. The U-15 competition will strengthen soccer and make it more popular. Thus, the number of soccer athletes will increase over time, leading to the emergence of many promising young talents, a golden generation that will be the pride of Sumenep Regency. Of course, in a match, there are injuries caused by players not playing carefully, or by accidental impact or pressure, which then results in pain, commonly referred to as a sprain. Injuries should not be left untreated; action and assistance are required to speed up the recovery process and prevent the injury from worsening. Of course, providing assistance must be done correctly and appropriately to prevent unwanted consequences. For example, if a player experiences an injury and inflammation, the first aid treatment is given with a balm or patch, which can actually cause a burning sensation and can cause blood vessels to rupture and further widen the inflammation. Another example is a dislocation caused by muscle/ligament damage and cramps, which the player should be resting but is still forced to continue playing. This is unacceptable and constitutes incorrect treatment/assistance.

The simplest and most commonly practiced injury management method on the field is RICE (Rest, Ice, Compress, Elevation). The RICE method (Rest, Ice, Compress, Elevation) is very easy to apply, and its readily available ingredients make it an excellent first-line treatment for injuries on the field. Based on the background described by the researcher, the researcher is interested in conducting a study entitled "Survey of Minor Injury Management in U-15 Matches Using the RICE Method (Rest, Ice, Compress, Elevation) at Ahmad Yani Stadium in 2024" to determine the treatment process carried out by the medical team on the field using the RICE method, and to directly determine the effects of using the RICE method on injury management.

2. METHOD

2.1 research approach

This study uses a qualitative research type that aims to collect various new findings information about injury handling using the RICE method carried out by the medical team during the U-15 competition event as a result of new research at the time the research was carried out. While the data sources used are researchers looking for sources of information to informants for new information findings when researchers interview informants directly at the research location (field), in addition to looking for information to informants researchers also use sources in the form of documents, letters needed, photo archives/documentation, data reports and other data located at the research location.

2.2 types of research

According to Darmadi (2013:153), a research method is a scientific way to obtain data for a specific purpose. Scientific methods mean that research activities are based on scientific characteristics, namely rationality, empiricism, and systematicity. In this study, the researcher will use qualitative research. According to Rahmat (2009:3), qualitative research is a systematic method to facilitate research activities directed at an object, which requires an interpretive and reasonable approach to the core problem. When drawing conclusions in this theory, qualitative research is conducted using natural settings that attempt to interpret phenomena in the field. The theory of qualitative research involves the use and collection of empirical data. According to Somantri (2005:2), there are three types of orientation and principles

of qualitative research methods Observation, Interviews, and Documentation.

From the three components above, we can describe observation as the initial step before we gain deeper insight into what we know about an object. Therefore, we need to conduct observations. Interview conversation analysis is done to gain a deeper understanding of what we will be researching until we obtain truly valid data. Analysis is done to delve deeper into the research we want to investigate. Documentation serves as proof that we have visited and conducted research there. This study uses qualitative research with the goal of understanding and analyzing phenomena occurring on a playing field and presenting a survey of injury management during U-15 competition matches using the RICE (Test, Ice, Compressed, Elevation) method at Ahmad Yani Stadium in 2024.

2.3 data source

The data sources required for this study include primary and secondary data sources.

- Primary data sources are data obtained from informants and new information discovered when the researcher interviews informants directly at the research location (field).
- Secondary data sources are data obtained incidentally through literature review, important documents from the research location, and official writings created by the relevant sources related to the object. The secondary data sources used include documents, necessary letters, photo archives/documentation, data reports, and other data found at the research location.

2.4 data collection procedures

Data collection procedures are fundamental steps in gathering the data needed for research. The purpose of research is to obtain data. Without knowledge of data collection techniques, researchers cannot obtain data sufficient to meet the specified criteria (Sugiyono, 2018:224). The steps in data collection techniques in research are:

- Interview: Researchers use interview techniques to obtain a report. The interview is a conversation between the researcher and the informant who will answer questions posed by the researcher.
- Observation: This involves determining whether the data obtained directly aligns with the research object. Researchers go directly to the research location and communicate with the research subjects to obtain information.
- Documentation: Researchers collect data by documenting data relevant to the research object.

2.5 Data Analysis

Miles and Huberman, as quoted in Sugiyono (2018:247-252), state that every activity in data analysis is carried out interactively and continuously until completion.

The steps for data analysis are:

- Data reduction: Data obtained from the research location is quite large in quantity, and therefore, it needs to be recorded carefully and in detail. As previously stated, the longer a researcher spends in the field, the more data becomes, the more complex and complicated it becomes. Therefore, it is necessary to immediately analyze the data through data reduction. Data reduction means summarizing, selecting the main points, focusing on

important points, and searching for themes and patterns.

2. Data display: Once the data has been reduced, the next step is to display the data. In qualitative research, data presentation can be done in the form of brief descriptions, charts, relationships between categories, flowcharts, and the like.
3. The conclusions drawn and verification (conclusion drawing/verification) listed are temporary and will change if strong supporting evidence is not found in the next data collection stage. However, if the conclusions put forward in the initial stage are supported by valid and consistent evidence when the researcher returns to the field to collect data, then the conclusions put forward are credible (trustworthy and clear).

3. RESULT AND DISCUSSION

This chapter will present the results of research on "Survey of Injury Handling in the ASKAB PSSI Sumenep Regency U-15 Match Competition Using the R.I.C.E (Rest, Ice, Compressed, Elevation) Method at Ahmad Yani Stadium in 2024", researchers obtained some information related to the U-15 match competition and injury handling using the RICE method directly on the field by interviewing certain parties such as the Chief Executive, Medical Team Coordinator and several athletes who experienced injuries.

3.1. Overview of the U-15 ASKAB PSSI Sumenep Match

The Sumenep Regency Association (ASKAB) of the Indonesian Football Association (PSSI) is the parent organization or forum for accommodating athletes, developing their achievements, and managing sports activities (competencies) specifically for the sport of soccer in Sumenep Regency. Its goal is to identify potential athletes and also serve as a means for regenerating soccer athletes in Sumenep Regency. The ASKAB PSSI Sumenep Regency U-15 inter-club soccer competition, held for the round of 16, was held over 10 days at Ahmad Yani Stadium. The event featured 32 clubs representing all 15-year-old soccer players from across Sumenep. This event was a continuation/relay of the U-13 competition, which concluded in 2023. The following year, the Chairman of ASKAB PSSI Sumenep organized the U-15 competition, chaired by Mr. Febmi Noerdiansyah.

Interview with the Chief Executive of the ASKAB U-15 Competition in Sumenep Regency Sumenep (Mr. RB Abd. Suud) stated that the reason ASKAB U-15 was held was because this was the domain of ASKAB in the Regency. The official competence was only in the beginner age group. Starting from the age of 10 years and a maximum of 16 years. Including one of them is the U-15 match which is currently being held. So for the ASKAB management, the formal program rotates every year U-13 and U-15 to prepare for the provincial level of Porprov. As for the impression from Mr. RB Suud regarding the ASKAB PSSI Sumenep Regency U-15 match, he was very grateful for being able to successfully hold the U-15 activity even though there were many obstacles, but thank God these obstacles could be overcome well. This is thanks to the cooperation of the entire committee and also from related parties of course. And his hope for the future is that as a Sumenep football person, Sumenep football will become even cooler, more advanced and more accomplished. This information was confirmed by Mr. RB Abd. Suud when interviewed by researchers in the field on April 28, 2024.

The U-15 competition was suspended for approximately a month during the round of 16 due to the Ramadan fasting month at the time. The round of 16 officially began on April 19th, leading up to the final, and concluded on April 28th, 2024. The U-15 match schedule began at 2:00 PM and ended at 3:30 PM WIB, with two rounds each day. Officials including referees, security personnel, equipment personnel, medical personnel, and others, along with the competing teams, began preparing on the field at 1:30 PM, exactly 30 minutes before the match.

3.2 Classification of Injuries in U-15 Matches

Soccer requires players to possess various physical abilities such as speed, agility, strength, endurance, and accuracy. The movements performed in soccer carry the risk of injury to both the upper and lower body. Soccer is a contact sport, where players engage in direct physical contact with their opponents while carrying the ball on the field. They compete to score points and win the game. This includes this U-15 soccer match, which took place at the Ahmad Yani Stadium in Sumenep. Therefore, the potential for injury during the match is high. Therefore, the following is a classification of injuries that occur during matches on the field based on interviews with athletes/respondents who experienced injuries:

a. Thigh Injuries

Eighteen players suffered thigh injuries, including the following:

Name: Hamdan
Club: PSBA (Kangean)
Injury History: Thigh

A PSBA player named Hamdan suffered a thigh injury. Hamdan was taken off the field by the medical team due to his inability to continue playing due to the pain. The medical team immediately treated the patient by resting him and applying ice to the injured area. Initially, Hamdan experienced pain and soreness, but after applying ice, Hamdan felt the pain gradually diminish until it was no longer as intense as before. Hamdan even continued playing after his injury had healed, demonstrating that the ice application had a significant effect on patients.



Figure 1 Thigh injury

b. Calf Injuries

Thirteen players suffered thigh injuries, including the following:

Name: Halilur Rahman

Club: PO. Gapsa (East Ambunten)

Injury History: Calf

A player from the PO. Gapsa club, Halilur Rahman, suffered a calf injury. Halil was taken off the field by the medical team because he was unable to continue the match due to the pain from the injury. The medical team immediately treated the patient by resting him and applying ice to the injured area. Initially, he felt pain and soreness, but after applying ice, Halil felt the pain gradually diminished until he felt less sore and sore than before. Halil even continued playing after his injury improved, demonstrating that the ice application had a significant effect on patients.



Figure 2 Calf Injury

d. Back of the Neck Injury

One player suffered a back neck injury, one of which is as follows:

A player from the Panaongan club, Fatan, suffered a calf injury. The medical team took Fatan off the field because he was unable to continue playing due to the pain. The medical team immediately treated the patient by resting him and applying ice to the injured area. Initially, he felt pain and soreness, but after applying ice, Fatan felt the pain gradually diminished until he felt less sore and sore than before. Fatan even continued playing after his injury had healed, demonstrating that the ice application had a significant effect on patients.



c. Waist Injuries

Three players suffered waist injuries, including the following:

Name: Moh. Robi Arif

Club: PSBA (Kangean)

Injury History: Waist

A player from PSBA Kangean, Moh. Robi Arif, suffered a waist injury. The medical team took Robi off the field because he was unable to continue playing due to the pain of the injury. The medical team immediately treated him by resting him and applying ice to the injured area. Initially, Robi felt pain and soreness, but after applying ice, Halil felt the pain gradually diminished until he felt less sore and sore than before. Halil even continued playing after his injury improved, demonstrating that the ice application had a significant effect on patients.



Figure 3 Waist Injury

Name: Fatan

Club: Panaongan

Injury History: Neck

Figure 4 Neck Injury

3.3 Handling Injuries Using the R.I.C.E Method in U-15 Matches

Researchers interviewed Mr. Sutrisno, asking him about several things related to his experience and knowledge in the field of injury management. The following data was obtained: Theoretically: Theoretically, he was deemed "not very well understood" due to a lack of comprehensive answers. When asked "How to treat an injury using the RICE method?" he simply replied, "RICE means rest, then massage." (Interview conducted on April 28, 2024, at 5:07 PM WIB). Theoretically, the RICE method requires the patient to rest to prevent further injury and reduce blood flow (bleeding). The patient is also given further treatment, including ice compresses to stop any swelling. Compression or pressure bandages are then applied to the bleeding area. This aims to reduce swelling in the injured area and minimize movement. The bandages or ties should be positioned comfortably for the patient's safety and comfort. Finally, the patient is given more effective treatment, elevating the leg above the level of the heart. This can help slow arterial blood flow (against gravity), thus facilitating venous blood flow. Consequently, bleeding and swelling are reduced.

Practically: In practice, Mr. Sutrisno's on-field injury management differs slightly from that of most medical teams. When a victim is injured, the first thing Mr. Sutrisno

does is pat the injured area three times. This means that the initial treatment is not the RICE method, but rather physiotherapy. Miraculously, patients are usually able to resume playing immediately after receiving this tapping. Unless the player feels unable to continue playing, the patient is then taken off the field and treated using the RICE method and massage. However, when Mr. Sutrisno performed treatment using the RICE method, he appeared very capable, and his practice was consistent with the general RICE method. However, the initial treatment he received was not the RICE method, but rather a specific therapy, Mr. Sutrisno's signature technique (physiotherapy).

4. CONCLUSION

Based on the research results above, this discussion will discuss the results of a survey of injury management during U-15 matches conducted by ASKAB PSSI Sumenep Regency using the RICE (Rest, Ice, Compression, Elevation) method at Ahmad Yani Stadium, Sumenep, in 2024.

1. Classification of Injuries in U-15 Matches

Field research results indicate that the most common injuries in U-15 matches at ASKAB PSSI Sumenep Regency are thigh, calf, waist, and back neck injuries. This is consistent with previous research indicating that musculoskeletal injuries are the most common injuries in young soccer players (Bizzini et al., 2018; Brockett et al., 2019).

- a. Thigh injuries can be caused by various factors, such as overstretching, forced muscle contractions, and direct impact with another player.
- b. Calf injuries are usually caused by muscle fatigue, dehydration, and improper running technique.
- c. Back injuries can occur due to sudden twisting or bending movements, while
- d. neck injuries are usually caused by direct impact to the head or neck. Thigh and calf injuries are often caused by sudden twisting or jumping movements, while back and neck injuries are often caused by collisions with other players.

This is likely due to several factors, such as:

- High-intensity training and matches: Young soccer players often train and compete at high intensity, which can increase the risk of injury.
- Lack of warm-up and cool-down: Inadequate warm-up and cool-down can increase the risk of injury.
- Improper technique: Improper technique when playing soccer can increase the risk of injury.

2. Profile of the Medical Team Coordinator

This study found that the medical team coordinator at the ASKAB PSSI Sumenep Regency U-15 match lacked formal medical training and a certification as a maseur. This is concerning because the medical team coordinator is responsible for treating player injuries. The lack of training and certification can lead to inappropriate injury management, which can worsen the injury and prolong recovery time.

3. Injury Management Using the RICE Method

The results showed that respondents lacked theoretical understanding and did not fully implement the RICE method on the field. Respondents only applied Rest and Ice when a patient sustained an injury during the ASKAB PSSI Sumenep Regency U-15 match. Compression and Elevation were not applied by respondents because the medical team coordinator and team were only on duty during the match and not after the match. Meanwhile, theoretically, the application of the RICE method is also less than optimal. This is likely due to respondents never having received massage training or training in injury management, or even not having a certificate supporting their profession as a massage therapist. The RICE method stands for Rest, Ice, Compression, and Elevation. This method is an important first step in

treating musculoskeletal injuries.

- Rest: A recent injury should be rested to prevent further damage.
- Ice: Ice can help reduce pain and inflammation.
- Compression: Compression can help reduce swelling.
- Elevation: Elevation can help reduce swelling.

This study shows that proper application of the RICE method can help accelerate injury recovery and prevent complications. In fact, the results of researchers when interviewing respondents (28/04/2024) at 17:07 WIB and asked: "What are the advantages of the R.I.C.E method in your opinion?" Mr. Sutrisno answered "The advantages of the R.I.C.E method are that you have to rest a lot first, jog outside, then relax, don't play straight away. That's it, bro." This is evidence that respondents do not understand the theory of the benefits of treatment using the RICE method. Therefore, it is important for respondents to take massage training or training to handle injuries and obtain a certificate to support their profession as a massage therapist.

4. The Effectiveness of the RICE Method in Relieving Pain and Swelling

Based on the research results, the majority of respondents stated that the RICE method is effective in relieving pain and swelling. For example, in an interview with Hamdan, a respondent on April 28, 2024, at 3:50 PM WIB (Western Indonesian Time), who suffered a thigh injury, the researcher asked, "After receiving treatment using the RICE method, what effects did you feel?" He replied, "It's better, sis, more comfortable, and much better." The researcher continued by asking, "Was the RICE method able to reduce your pain? And is the RICE method very important?" Hamdan again replied, "It's very effective, sis. I feel like my thigh doesn't hurt as much, and the RICE method is very important, sis, because after receiving treatment using the RICE method, I was able to continue playing again." In addition to Hamdan, Halilur Rahman, a patient on April 20, 2024, at 3:32 PM WIB, who suffered a calf injury, was also asked by the researcher, "After receiving treatment using the RICE method, what effects did you feel?" He replied, "It's a bit better, sis. The pain has gone down a bit." The researcher continued by asking, "Was the RICE method able to reduce your pain? And is the RICE method really important?" Halil again replied, "It's very effective, sis, because the pain has gone down a bit. And also, the RICE method is really important, sis, because many players get injured, and when they apply ice, it makes them feel better."

And two other respondents, in this case patients who had suffered injuries, explained that their pain reduced significantly after several hours of RICE treatment. Swelling also gradually reduced until the patients were able to continue playing after being treated using the RICE method.

5. Impact of Implementing the RICE Method on ASKAB U-15 Matches

a. Injury Treatment Time

Based on research results, the time required to treat injuries using the RICE method in ASKAB U-15 matches varies depending on the type and severity of the injury. For minor injuries, such as sprains and muscle cramps, the RICE method can be applied within minutes. However, for more severe injuries, such as fractures, it may take longer to relieve pain and swelling. This can impact the course of the match, especially in tight time frames. The match medical team needs to be alert and trained to treat injuries using the RICE method quickly and effectively.

b. Impact on Player Substitutions

The implementation of the RICE method in ASKAB U-15 matches can result in player substitutions. If a player suffers an injury requiring RICE treatment, the team must immediately make a substitution. This can impact team strategy during the match, especially if the injured player is a key player.

The coaching team needs to have a well-thought-out strategy to anticipate this situation. This strategy may

include:

- Having reserve players ready to play in various positions.
- Training players to play in various positions.
- Adjusting game strategy based on available players.

c. Impact on Team Strategy

The application of the RICE method to ASKAB U-15 matches can impact team strategy in several ways, such as:

- Formation adjustments: The team may need to adjust its game formation to accommodate the injured player. This can be done by changing the number of players in each position.
- Tactical adjustments: The team may need to adjust its game tactics to accommodate the injured player. This can be done by changing the style of play, such as playing more defensively or offensively.
- Set-piece strategy adjustments: The team may need to adjust its set-piece strategy to accommodate the injured player. This can be done by changing the way free kicks, corner kicks, or throw-ins are taken.
- The coaching team needs to be astute in reading the situation and making the right decisions to maximize the team's potential while considering the condition of its players.

d. Team and Organizer Support

The successful implementation of the RICE method in ASKAB U-15 matches requires support from various parties, namely:

- Team: Teams need to have trained medical staff and adequate equipment to treat injuries using the RICE method.
- Organizer: Match organizers need to ensure a medical team is on standby on the field and have an ambulance available to transport players with serious injuries.
- Parents: Parents need to educate their children about the importance of using the RICE method and how to apply it correctly.

With support from various parties, implementing the RICE method can help minimize the risk of injury and help players recover quickly and optimally.

Based on the research conducted, it can be concluded that the survey of injury management during the U-15 ASKAB PSSI Sumenep Regency match using the RICE (Rest, Ice, Compression, Elevation) method at Ahmad Yani Stadium, Sumenep, in 2024, revealed that the implementation of RICE (Rest, Ice, Compression, Elevation) was suboptimal, both theoretically and practically. In the match, only Rest and Ice were used. Compression and Elevation were not applied when treating injured patients/players. Furthermore, interviews with respondents, in this case medical team coordinators, revealed suboptimal understanding of the theory of RICE treatment. This is because the massage team coordinators lacked certification as masseurs and had never received specific training in massage. Previous research on first aid using the RICE method for injuries during a match has been extensively conducted by researchers. However, further research on the same topic is still needed to increase knowledge. To avoid similarities in discussions regarding previously researched theses or articles, a benchmark or comparison is needed for the title that will be discussed later.

The first previous study was conducted by Andika and Azizati (2022), which surveyed female players' understanding of ankle and hamstring injuries and their treatment at SSB PUTRA MINAKJINGGO Banyuwangi. The differences between this previous study and the author's study lie in the focus and methodology. The objective of this previous study was to determine the level of understanding of female players regarding ankle and hamstring injuries and their treatment. The method used in this previous study was quantitative. This study, however, focused on the effectiveness of implementing the RICE method as first-line treatment in U-15 matches at ASKAB PSSI Sumenep Regency. The method used was qualitative. The second previous study was conducted by Simki-Techsain (2018), which surveyed

sports injuries among 13-year-old soccer athletes in the ASKAB PSSI Nganjuk Regency Cup soccer competition. This study examined the percentage of sports injuries among 13-year-old soccer athletes in the ASKAB PSSI Nganjuk Regency competition. The difference between this previous study and the author's research lies in the research method and focus. The previous study used a quantitative method, and the focus of this study was to determine the percentage of sports injuries in 13-year-old soccer athletes within the ASKAB PSSI Nganjuk Regency competency.

The third previous study was conducted by Randi Adriansyah, which examined the level of understanding of sports injury management using the RICE method at the Batu Merah FC football club during the XX LPTK CUP National Seminar in 2021. The differences between this previous study and the author's research lie in the sample and research method. This previous study used only one club as a sample, while the sample in this author's study was the medical team coordinator and all club members who had suffered injuries in the 2024 ASKAB PSSI Sumenep Regency U-15 match. The author used a qualitative method in this study. The RICE method can be applied in specific situations according to the patient's needs. For example, if a patient experiences a mild injury, treatment can be addressed with rest and ice. However, when the patient experiences a moderate or even severe injury, the RICE method is highly recommended to be applied in its entirety (Rest, Ice, Compression, Elevation).

5. CONCLUSION AND SUGGESTIONS

1. CONCLUSION

Based on the survey results, it was found that the medical team coordinator at the ASKAB PSSI Sumenep Regency U-15 competition at Ahmad Yani Stadium, Sumenep, in 2024 did not apply the RICE method comprehensively when injuries occurred. Respondents only applied the Rest and Ice method, while Compression and Elevation were not applied because the patients generally suffered minor injuries and because they only worked on the field until after the U-15 match.

Furthermore, the respondents were not certified as masseurs and had never received any training in massage or formal medical training. This resulted in respondents having a somewhat limited understanding of the points asked by the researcher during the in-person interviews.

On the other hand, in the treatment of injuries at the U-15 match, it was clear that the medical team coordinator not only used the RICE method but also utilized physiotherapy in the treatment of injuries that occurred on the field. RICE use was 70%, and physiotherapy was 30%. The effectiveness of the two methods, namely the RICE method and physiotherapy, both provide a significant effect on the patient's healing process in certain situations and conditions in the field.

2. SUGGESTIONS

Based on the conclusions above, the following suggestions can be formulated:

1. Improve Education and Training

This point emphasizes the importance of providing medical team coordinators with the appropriate knowledge and skills. They need a thorough understanding of the RICE method and how to handle it properly. The researchers' suggestions are as follows:

- Training and education are needed for medical team coordinators on the RICE method and basic injury management in soccer.
- This training can be conducted by relevant organizations, such as the Sumenep Football Association (PSSI) Regional Office or the local Health Office.
- Training materials should include theory and practice on the RICE method, acute and chronic injury management, and the anatomy associated with soccer injuries.

2. Certification and Standardization

This point aims to ensure that medical team coordinators have recognized and standardized competencies in injury management. With certification, it is hoped that the quality of on-field injury management can be guaranteed and more consistent. The researchers' suggestions for masseurs/medical teams are as follows:

- Minimum competency standards are required for medical team coordinators in soccer matches, including training certificates on injury management.
- This certification can be obtained through training conducted by relevant organizations.
- With minimum competency standards and certification, it is hoped that medical team coordinators can provide better injury care for soccer players.

3. Improving Facilities and Equipment

This point emphasizes the importance of providing adequate facilities and infrastructure to support injury care. With complete facilities and equipment, medical team coordinators can provide quick and appropriate injury care. The following are the researchers' recommendations:

- Ahmad Yani Stadium in Sumenep needs to be equipped with adequate facilities and equipment for injury care, such as stretchers, ice packs, and first aid kits.
- These facilities and equipment must be easily accessible and in good condition.
- The availability of adequate facilities and equipment can assist medical team coordinators in providing more effective injury care.

4. Evaluation and Monitoring

Monitoring and evaluation complement each other. Data obtained from monitoring is used as the basis for evaluation. The evaluation results are then used to improve the monitoring process and planning of U-15 match activities in the following year. The following are the researcher's recommendations:

- Regular evaluation and monitoring of the effectiveness of the RICE method and injury management in soccer matches is necessary.
- This evaluation can be conducted through surveys, interviews, or observations.
- Evaluation results can be used to improve training and education programs, as well as raise the minimum competency standards for medical team coordinators.

By implementing the above recommendations, it is hoped that injury management during soccer matches at Ahmad Yani Stadium, Sumenep, will improve and become more professional. This can help reduce the risk of complications and speed up the recovery process for injured players.

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