

FIRST AID/INJURY ADVICE

ALWAYS USE PROPER PROTECTIVE EQUIPMENT WHEN ENGAGED IN ANY TYPE OF FIRST AID.

IF AT ANY TIME YOU ARE UNSURE OF WHAT TO DO, DO NOT HESITATE TO CALL FOR HELP. DO NOT OVERSTEP THE LIMITS OF YOUR KNOWLEDGE.

IN CASE OF EMERGENCY on a park or school site that requires police or fire response, the city recommends the use of the following numbers:

Call 916-645-4040

From a Cell Phone

For an emergency within the city limits.

(Dialing 9-1-1 from a cell phone will connect you with the highway patrol, not the City's dispatch system, and will take

Call 9-1-1

from an office phone
home phone pay
phone

HEAD AND NECK INJURIES

These injuries can be the most devastating of all injuries. Permanent paralysis may result from any neck injury so this injury must be handled with extreme care.

SIGNS AND SYMPTOMS:

1. Tingling sensation in the arms and/or legs
2. Loss of feeling in arms and/or legs
3. Difficulty breathing, and/or
4. Athlete not alert

TAKE ACTION:

1. **CALL EMERGENCY HELP IMMEDIATELY**
2. Make sure athlete is able to breath
3. Keep athlete still
4. Maintain body temperature
5. Call parents immediately
6. Pass all important information to doctors

DO NOT:

1. Remove any headgear
2. Move athlete
3. Leave athlete unattended
4. Overstep the limits of your knowledge

CONCUSSION

A forceful bump, blow or jolt to the head or body that results in the rapid movement of the head AND any change in an athlete's behavior, thinking, or physical function. (source: CDC.gov)

SIGNS AND SYMPTOMS:

1. Appears dazed or stunned. Is confused about assignment or position.
2. Is unsure of game, score, or opponent
3. Moves clumsily. Has balance problems or dizziness
4. Answers questions slowly
5. Loses consciousness, even briefly
6. Double or blurry vision
7. Can't recall events prior to or after hit or fall
8. Headache, nausea or vomiting

TAKE ACTION:

1. **SEEK A HEALTHCARE PROFESSIONAL FOR EVALUATION**

DO NOT:

1. Allow athlete to participate in Play
2. Discount symptoms as they are sometimes reported hours or days after an injury

BLEEDING

In most cases, bleeding can be controlled by placing direct pressure over the wound.

SIGNS AND SYMPTOMS:

1. Obvious bleeding in external injuries
2. Swelling and/or redness in internal injuries

TAKE ACTION:

1. Apply a clean compress or cloth
2. Apply **DIRECT PRESSURE** to the wound
3. **ELEVATE** the wound above the heart
4. Keep the victim lying down
5. Apply more compresses directly over others. If blood has soaked through, that is OK, simply add another compress on top.
6. **Call for emergency help if bleeding is severe or persists**

Remember: The head will always bleed extensively even though the wound may just be a scrape. Treat head wounds very seriously, but do not panic from the amount of blood.

DO NOT:

1. Remove old compress, as removal will cause more bleeding
2. Treat any bleeding lightly
3. Let dirt into the wound
4. Panic. Call for help if you are unsure.

SHOCK

Shock is the failure of the cardio-pulmonary system to provide sufficient blood circulation to all parts of the body. Shock is a life-threatening condition. First Aid must be rendered immediately and an ambulance called.

SIGNS AND SYMPTOMS:

1. Weakness, nausea, dizziness, vomiting
2. Thirsty
3. Weak by rapid pulse
4. Pale, clammy skin
5. Shallow and rapid breathing

TAKE ACTION:

1. **CALL EMERGENCY HELP IMMEDIATELY**
2. Open airway so athlete can breathe (CPR Training is very crucial)
3. Control breathing
4. Elevate the legs about one foot (12 inches) above the head if no other injury is indicated

DO NOT:

1. Give athlete anything to eat or drink
2. Let the athlete get cold
3. Leave the athlete or allow them to return to competition until they have seen a doctor

EYE INJURIES

All injuries to the eyes should be taken seriously and treated promptly.

TAKE ACTION:

1. Gently cover both eyes with a clean dry gauze pad. Eyes move together, this limits movement of injured eye.
2. Calm the athlete
3. Call an ambulance

DO NOT:

1. Wash the injured eye
2. Put any medicine or salve into the injured eye
3. Try to force the eyelid open
4. Remove blood or blood clots from the eye
5. Let the athlete rub the eye

KNEE INJURIES

The knee joint and surrounding area represent the most complicated joint of the body as well as the most frequently injured. It requires a specialist to treat knee injuries properly. Your job is to limit further injury and get the athlete to the hospital.

TAKE ACTION:

1. Help the athlete off the field
2. Apply ice to the injured area
3. Elevate the leg, if possible, without moving the knee
4. **Call an ambulance or transport athlete to a doctor**

DO NOT:

1. Move the knee to examine the injury
2. Allow the athlete to get up and walk it off
3. Allow the knee to move freely from the injured angle
4. Allow the athlete to continue playing until they have seen a doctor.

ANKLE INJURIES

An injury to an ankle can be in the form of a sprain or a break and have different degrees of severity. Your job as the coach is to immobilize the athlete and begin the I.C.E. Routine. Have your athlete see a doctor before returning to competition.

TAKE ACTION:

1. Assume injury could be severe
2. Ice, Compression, Elevate (I.C.E. Routine)
3. **Call and ambulance or transport athlete to a doctor**

DO NOT:

1. Remove athlete's shoe and sock until ice is available
2. Have the athlete try to walk it off

BROKEN BONES

Broken bones come in all types and occur any place in the body where there is bone. Again, you are not a trained professional qualified to handle these different situations. Your job is to recognize the injury or possible injury and limit further injury

SIGNS AND SYMPTOMS

1. May have heard a pop or snap
2. Deformity and swelling in the injured area
3. Tenderness
4. Direct blow to area

TAKE ACTION:

1. Keep injured area as still as possible
2. Immobilize the joints above and below the suspected injury
3. Apply ice
4. **Call and ambulance or transport athlete to a doctor**

NOSE BLEEDS

Nose bleeds are a very common occurrence from a blow to the face, high blood pressure, infection, strenuous activity, or dry nasal passages. Although they are usually more annoying than serious, any bloody nose resulting from an injury to the face should be considered as a potential fracture.

TAKE ACTION:

1. Place the athlete in sitting position and leaning slightly forward
2. Apply a cold compress to the athlete's nose and face
3. Apply direct pressure by pinching nostrils with fingers
4. Take athlete to doctor if bleeding persists

DO NOT:

1. Allow athlete to blow her nose for several hours
2. Stick anything up the nose to stop the bleeding without assistance of doctor or emergency personnel

WIND KNOCKED OUT

Symptoms should disappear within a few minutes. Be sure you check with the athlete periodically concerning pain and possible other injuries. If athlete does not recover within a few minutes, look for other possible injuries and call for an ambulance.

SIGNS AND SYMPTOMS

1. Difficulty breathing
2. Athlete received a blow to the abdomen
3. Athlete will gasp for air

TAKE ACTION:

1. Calm athlete and have them take long deep breaths to relax the abdomen
2. Keep the athlete where they are

DO NOT:

1. Overlook other possible injuries
2. Let the athlete get up and try to walk it off

BLISTERS

PREVENTION STEPS

1. Proper fitting shoes and socks are essential
2. Proper conditioning to allow the skin to become accustomed to the activity load
3. Wear two pair of socks if friction is extremely bad

SIGNS AND SYMPTOMS

1. Painful fluid beneath the skin (Fluid can be clear or bloody)
2. Blister may be torn with new skin exposed

TAKE ACTION:

1. Rub ice over the area
2. Place small moleskin donut over the outside edges of the blister and tape to prevent more friction
3. If blister is torn, wash area with soap and water, apply ointment and a protective dressing

DO NOT:

1. Treat a blister lightly. Infection can result causing severe problems.
2. Puncture blisters. Let a physician do so.

STRAWBERRIES (ABRASIONS)

This type of wound is very common and very painful. It occurs often in sliding and can be limited by wearing sliding shorts.

SIGNS AND SYMPTOMS:

1. Top layer of skin scraped off with large, open area exposed to dirt and bleeding

TAKE ACTION:

1. Clean out the area with soap and water
2. Remove any objects like gravel or dirt
3. Blot wound, **DO NOT RUB**
4. Cover with a sterile dressing or bandage

DO NOT:

1. Rub the wound
2. Treat as an abrasion if the wound is deeper than the first layer of skin