

Common Sports Injuries

Sprain/strain		Nosebleed	
<p>Medical Equipment</p> <ul style="list-style-type: none"> • Ice pack • Compression bandage 	<p>Treatment</p> <p>R - Rest I – Ice pack C – Compression bandage E - Elevate</p>	<p>Medical Equipment</p> <ul style="list-style-type: none"> • Gloves • Tissue/gauze 	<p>Treatment</p> <ul style="list-style-type: none"> • Sit casualty down and tilt head slightly forward. • Pinch just below the hard part of nose. • Check bleeding every 10 minutes and if it persists, call for an ambulance or have parent to take them to the doctor or A&E. • Advise casualty not to blow their nose.
Head Injury (concussion)		Abrasion (cut/Graze)	
<p>Medical Equipment</p> <ul style="list-style-type: none"> • Glove • Ice pack • Sterile dressing (wound) • Bandage 	<p>Treatment</p> <ul style="list-style-type: none"> • Remove casualty from the pitch and place in the recovery position. • Ice pack to reduce swelling. • Apply pressure to wound to reduce bleeding and apply sterile dressing and secure with a bandage. • Check for levels of consciousness. • Keep casualty warm. • Write up report. 	<p>Medical Equipment</p> <ul style="list-style-type: none"> • Gloves • Alcohol free cleansing wipe • Gauze • Saline flush • Sterile dressing • Bandage 	<p>Treatment</p> <ul style="list-style-type: none"> • Reassure casualty. • Assess wound and locate the source of bleeding. • Remove/cut clothing if necessary. • Apply some pressure to reduce bleeding. • Apply dressing and secure with a bandage. • Elevate the wound leg/arm to reduce further bleeding.

Bee Sting		Asthma Attack	
Medical Equipment <ul style="list-style-type: none"> • Glove • Ice pack 	Treatment <ul style="list-style-type: none"> • Reassure the casualty. • If the sting is visible, remove with the side of a credit card – do not use a tweezers. • Elevate or raise the affected area and apply an ice pack. • Monitor the casualty for signs of allergic reaction and call for emergency services. • If no reaction advise casualty to see their doctor if the pain and swelling persists. 	Medical Equipment <ul style="list-style-type: none"> • Casualty's inhaler 	Treatment <ul style="list-style-type: none"> • Reassure the casualty. • If he/she has their inhaler, encourage them to take it. • If no signs of improvement after 5 minutes or casualty does not have their inhaler, call for emergency services. • Continue to monitor the casualty until emergency services arrive as breathing difficulties can quickly tire out a patient.
Fainting/Dizziness		First Aid Essentials	
Medical Equipment <ul style="list-style-type: none"> • Gloves • Casualties water bottle 	Treatment <ul style="list-style-type: none"> • Ensure casualty is lying down with their legs raised. • Comfort and reassure the casualty. • Keep casualty warm and prevent chilling. • Have the casualty sit up slowly offering them support. • If indoors, ensure windows are open. • Advise casualty to take sips of water. • Advise casualty to visit their doctor. 	<ul style="list-style-type: none"> • Correct knowledge and guidelines for treating a casualty. • Emergency numbers - 999/112 • Fully stocked first aid kit. • Protective equipment- (gloves, hand sanitizer, waterproof plasters. • Correct contact details for parents/guardians of casualty. • Incident/accident report forms – make note of incident directly after it occurs so details and treatment are clear noted. 	

First Aid Bag Essentials

First aid materials - first aid kit

- Dressings:- fabric/waterproof/clear/heel, finger plasters, sterile dressings, sterile eye pad
- Bandages:- self adhesive roller/crepe/open weave/elasticated, triangular, tubular bandages
- Disposable gloves
- Face shield (for CPR)
- Pocket mask (Covid mask)
- Pins & clips
- Gauze pads
- Cleansing wipes - alcohol free
- Adhesive tape
- Scissors & tweezers
- Incident report forms