



Basic First Aid for Coaches at CVLL

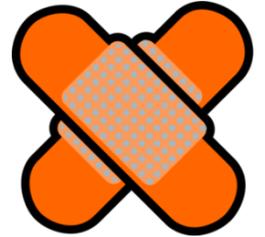
****Prior to practice or a game, always inspect the playing/warm up areas for dangerous objects!! Be PROACTIVE!** When in doubt, CALL 9-1-1!!***

Cuts/Scrapes

If the bleed is not able to be controlled-seek higher level of medical care!

Care: Wash your hands/put on gloves, stop the bleeding (apply gentle pressure with a clean cloth), elevate the wound, clean the wound-soap & water (if debris is present, attempt to remove, otherwise seek medical attention), apply antibiotic cream/ointment, cover the wound (Band-Aid, etc.)-if the injury is a minor scrape or scratch, leave it uncovered. Be sure to change the dressing at least 1x/day.

Watch for signs of infection-redness, increasing pain, drainage, warmth, or swelling. Deep wounds may need derma bond or stitches. If no tetanus shot in the past 5 years, the player may need a booster.

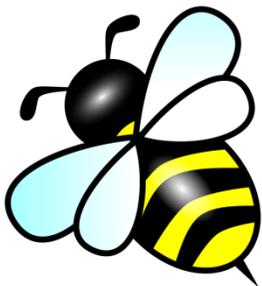


Severe Bleeding

Remove obvious dirt or debris from wound. Cleanse, if able. Stop the bleeding-apply pressure with clean cloth if needed (unless injury is around the eye or there is an embedded object; do not reposition or put pressure on displaced organs). Help the injured person lie down, preferably on a rug or blanket to prevent loss of body heat. Elevate the legs, if possible. Do NOT remove the gauze or bandage-just add new gauze to the top of the wound, and keep pressing firmly on the area. Immobilize the injured body part once the bleeding has stopped. Get player to emergency room. If internal bleeding is suspected (cool, clammy skin, tender swollen stomach, bruising, vomiting or coughing up blood, bleeding from a body opening-ear, mouth, nose, anus), get to an emergency room ASAP.

Blisters

If the blister isn't too painful, keep it intact and do NOT attempt to pop it open. Cover it with an adhesive bandage. If blister has opened, cleanse it with water and gauze. Apply antibiotic ointment and cover with Band-Aid.



Insect Bites & Stings

Move to safe area, away from bugs/bees. If stinger is visible, remove (use tweezers). Wash area with soap and water. Apply cool compress. Apply a

cream, gel, or lotion to the injured area. Use OTC medications to relieve pain. If player is having difficulty breathing, swelling of lips, eyelids, throat, etc. occurs-see anaphylaxis & call 9-1-1.

Tooth Loss

If permanent teeth have been knocked out (baby teeth do not need to get re-implanted), handle the tooth by the top or crown ONLY. Do NOT touch the roots. Inspect the crown and root to see if there is any damage. If there is dirt or debris gently rinse off the tooth in lukewarm water. Do not hold it under running water. Try to put the tooth back into the socket-if it does not go all the way in place-bite down to hold it in place. If the tooth does not go back into place, put it in milk, between the cheek and gum, under your tongue (if player is conscious), or in a mild saltwater solution. Get emergency dental care. See manual handout.



Strains

Injuries that affect the muscles or tendons (connects muscle to bone). Have player stop activity. Place ice on affected area, no longer than 20 minutes, and elevate with rest. (RICE technique) Refer to family doctor as needed. Attempt minimal-to-no weight bearing.

Sprains

Injuries that affect the ligaments (attach bone-to-bone). Bruising, swelling, instability, painful movements are common symptoms. Have player stop activity, place ice on affected area (RICE), elevate, & rest. Seek medical care as needed (for more serious injuries, call 9-1-1). No weight bearing until cleared by a physician.

Nose Bleed

Sit upright and lean **FORWARD**. This discourages further bleeding. Pinch your nose-at base of nasal bridge for up to 10 minutes. Limit bending down or blowing nose for several hours after episode.



Broken Bones/Fractures/Dislocation

Call 9-1-1. Do NOT move the joint for a dislocation or the injured area for break/fracture. For a dislocation-apply ice and transport out for medical care. For breaks/fractures: Stop any bleeding, immobilize the injured area-do NOT attempt to realign the bone, or push a bone back in that is sticking out. Apply ice packs to limit swelling and to help relieve pain. If player becomes

faint or short of breath, lay them down, and with head slightly lower than the trunk, and if possible, elevate the legs.

Bruise



You can enhance bruise healing with the following techniques: Elevate injury, apply an ice pack (wrapped in towel or cloth) several times a day, rest the bruised area, and consider pain relief (Tylenol, Advil, etc.).

Black Eye

Apply a cold compress soon after the injury. Look for blood in the eyes-if the white or colored parts of the eye are red/filled with blood-see emergency treatment. Seek medical care immediately if there are vision problems (double vision, blurring), severe pain, bruising around both eyes, or bleeding. Apply warm-hot compresses after a few days when the swelling has stabilized.

Head Trauma

Call 9-1-1. Keep the player still. Stop any bleeding with firm pressure to the wound with sterile gauze/cloth. Watch for any changes in breathing and alertness. If no signs of circulation or breathing, begin CPR. If a spinal injury is suspected-DO NOT MOVE the player! Keep them still, if wearing a helmet, keep it on!



Heat Exhaustion/Cramps

Players may feel sick, dizzy, experience muscle cramps, muscle spasms, etc. Heat exhausted players may also have a high body temperature and sweat. Have the player stop playing, find some shade, and cool them down by using cool water on their clothing, head, and neck. Ice may shock the body and can be dangerous!

Heat Stroke/Fainting

If a player shows signs of heat stroke, the sweating will stop; they may become confused or dizzy, pale skin, have an extremely dry mouth, or become unconscious. Call 9-1-1 immediately. Take the same steps for heat exhaustion if the player is conscious.

Anaphylaxis

Call 9-1-1 immediately. This is a life-threatening allergic reaction that can cause a sudden drop in blood pressure, trouble breathing, swelling of face/throat, nausea/vomiting, unconsciousness, fainting, dizziness, etc.

Loosen any tight clothing, have child lay on back. If they have an Epi-pen-USE IT! If they are vomiting-have player turn their head to the side to prevent choking.

Common allergies include: peanuts, tree nuts, fish, shellfish, insect stings, medications...

PRICE/RICE

Prevention/Protection-this is key!! Hydration, safety, these are key!!

Rest-allows injury the time to heal itself

Ice-use ice bags/cold packs to reduce swelling. Do NOT leave ice on for more than 20 minutes at a time.

Compress-wrap the area with an ACE bandage around the swollen injury. If throbbing occurs, remove the bandage and re-wrap.

Elevation-this will reduce swelling. This is most effective when the injured area is raised above the level of the heart.

