

FIRST AID KEY POINTS

DO:

1. Reassure and aid children who are injured, frightened, or lost.
2. Provide or assist in obtaining medical attention for those who require it.
3. Know your limitations!
4. Carry your first-aid kit to all games and practices.
5. Have your players' Medical Release Forms with you at all games and practices.
6. Report any incident requiring medical attention to the League Safety Officer ASAP.

- **Bethany Myers**
360-909-4499

*****If a person at any time is unconscious or not breathing or not moving, call 911 IMMEDIATELY.**

Cuts, scrapes, and wounds

- If a cut is large and bleeding heavily, have the player lie down.
- If a cut is on the arm or leg, raise above the heart to slow bleeding.
- Remove any obvious debris from the wound. But if an object is embedded in the body, do NOT remove it.
- If a cut is small, wash it with soap & water.
- If a cut is large, do NOT wash it.
- With gloves on, apply firm pressure with gauze for 10 minutes. Do not remove the bandage to look at the wound, this can cause the bleeding to start again. If blood soaks through the bandage, add more gauze, and continue holding pressure.
- When the bleeding has stopped, apply clean bandage over the wound.
- Seek immediate medical attention for wounds that are deep, on the face or genitals, involve an animal or human bite or if there is dirt inside.

DO NOT:

- Administer any medications!
- Provide any food or beverages to players (other than water).
- Hesitate in giving aid when needed.
- Be afraid to ask for help if you are not sure of the proper procedures.
- Transport injured individuals except in extreme emergencies.
- Leave an unattended child at a practice or a game.
- Hesitate to report any present or potential safety hazard to the League Safety Officer immediately.

*****Always attempt to reach the parent as the first step in providing medical attention.**

Broken bone

- Remain calm.
- Stop any bleeding.
- Call for medical care. While waiting, administer first aid treatment for shock. If a person is experiencing dizziness, weakness, pale and clammy skin, shortness of breath, and increased heart rate. Have a person lie quietly with feet elevated 12 inches. Cover them with a blanket to maintain body warmth.
- Immobilize the injured area *if* you will be moving the victim. Make a splint and place it gently under the injured limb and tie pieces of cloth around it.
- DO NOT move the victim if there is back or neck pain present.

Swelling or bruising

- Apply a cold ice pack or place ice in a bag and apply to the injured area. Make sure not to apply the ice directly to bare skin.
 1. **Rest:** stop using injured area
 2. **Ice:** apply ice pack to injured site
 3. **Compression:** wrap in ace wrap
 4. **Elevation:** elevate injured area above heart

Bloody Nose

- Sit upright, lean forward, and pinch the soft part of the nose just above the nostrils for 10 minutes.
- Lean forward and breathe through the mouth—this will drain blood into the nose instead of down the back of the throat.

Heat Exhaustion

- Symptoms include headache, dizziness, nausea, vomiting, heavy sweating, increased heart rate, fatigue, loss of appetite, or feeling sick, cramps in arms and legs, very thirsty, high body temp.
- If experiencing these symptoms, have the person lie in the shade with their feet slightly elevated. Start hydrating with water or Gatorade. Cool their skin with a spray bottle, cool water, or a fan. Cold packs can be used in the armpits as well. They should start feeling better within 30 minutes.
- Without proper hydration and relief from heat, heat exhaustion may progress to heat stroke.
- Heat stroke is a potentially deadly condition requiring immediate medical attention. Symptoms include still feeling unwell after 30 minutes of resting in a cool place and drinking lots of water. More symptoms include not sweating, fast breathing, feeling confused, a seizure, loss of consciousness, and not responsive.

Eye Injury

- Black eye: apply cold compress or ice pack to the eye without adding pressure.
- Foreign body in eye: Pull upper eyelid over lower eyelid to promote tearing.

Contact with blood or body fluids.

- Always wear gloves.
- Open wounds must be covered, and the uniform changed if blood is visible on it prior to going back in the game.
- Clean all blood contaminated surfaces and equipment.
- Properly dispose of bloody dressings/bandages.

Tooth Injury

- If a tooth is displaced, replace the tooth into its socket if it is a permanent tooth. Or store the tooth in milk (not water), or have the child store the tooth between their cheek and gums.
- Have parents seek dental care immediately if necessary.

Asthma attack

- Sit the person upright and loosen tight clothing.
- Have the player use their inhaler if they have one.
- Call 911 if no inhaler and unable to breathe.
- Symptoms include severe wheezing when breathing, coughing that will not stop, rapid breathing, chest tightness, difficulty talking, feeling of anxiety and panic, pale sweaty face, blue lips.
- Players with inhalers should have them readily available at all practices and games.

Bee stings and bug bites

- Players with epi pens should have them readily available for self-administration at all practices and games.
- Remove any stingers immediately. Apply ice to the site. Wash the site with soap and water.

CONCUSSIONS:

A concussion is a type of traumatic brain injury caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

All brain injuries are **SERIOUS**. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.**

**See the next page for our required concussion form that needs to be signed by every players' parent in the league. Keep these forms in your game bag at every practice and every game along with the players Medical Release Form.