# Sports Injury First Aid

This playbook provides a step-by-step guide on how to respond to sports injuries with immediate first aid and injury stabilization while waiting for professional medical help to arrive.

### Step 1: Safety First

Ensure the area is safe before you provide help. Do not move the injured person unless they are in immediate danger.

### Step 2: Call for Help

Dial emergency services or have someone nearby make the call. Provide clear information about the injury and location.

### Step 3: Assessment

Quickly assess the injured person's breathing, consciousness, and circulation. If necessary, begin CPR (if trained).

### Step 4: Stop Bleeding

If there is bleeding, apply firm pressure to the wound with a clean cloth. Elevate the wound if possible.

### Step 5: Immobilize Injury

If the injury involves a limb, immobilize the area with splints or slings. Avoid moving the injured part to prevent further damage.

### Step 6: Apply Ice

Apply ice packs wrapped in cloth to the injured area to reduce swelling and pain. Do not apply ice directly to the skin.

### Step 7: Comfort and Monitor

Keep the injured person comfortable and warm. Monitor their condition for any changes, and relay information to emergency responders upon their arrival.

## General Notes

### Consent

If the injured person is conscious, obtain their consent before administering any first aid.

### First Aid Kit

Always have a well-stocked first aid kit readily accessible at sporting events.

### First Aid Training

The instructions above are basic guidelines. Comprehensive first aid training is recommended to effectively assist in an emergency sports injury situation.