

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.