

Steps to Follow When an Injury Occurs

Note: It is suggested that emergency situations be simulated during practice in order to familiarize coaches and players with the steps below.

Step 1: Control the environment so that no further harm occurs

- ⇒ Stop all participants
- ⇒ Protect yourself if you suspect bleeding (put on gloves)
- ⇒ If outdoors, shelter the injured participant from the elements and from an traffic

Step 2: Do a first assessment of the situation

If the participant:

- is not breathing
- does not have a pulse
- is bleeding profusely
- has impaired consciousness
- has injured the back, neck or head
- has a visible major trauma to a limb
- Can not move his/her arms or legs or has lost feeling in them.

If the participant does not show any of the signs above, proceed to Step 3

**ACTIVATE
EAP?**

Step 3: Do a second assessment of the situation

- ⇒ Gather the facts by asking the injured participant as well as anyone who witnessed the incident
- ⇒ Stay with the injured participant and try to calm him/her; your tone of voice and body language are critical
- ⇒ If possible, have the participant move himself/herself off the playing surface. DO NOT attempt to move an injured participant.

Step 4: Assess the injury

Have someone with first aid training complete an assessment of the injury and how to proceed.

If the person trained in first aid is not sure of the severity of the injury or there is no one available who has first aid training, **activate EAP.**

If the assessor is sure that the injury is minor, proceed to Step 5.

**ACTIVATE
EAP?**

Step 5: Control the return to activity

Allow the participant to return to activity after a minor injury if there is no:

- Swelling
- Deformity
- Continued Bleeding
- Reduced range of motion
- Pain when using the injured part

Step 6: Record the injury on an accident report form and inform the parents