*Reporting Injuries*

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***Complete Accident Injury Form & Fax to Dr. Johnny Howton (254) 753-3023***

***Cell phone (254) 744-7982***

**Basic First Aid issues with Baseball/Softball**

* Contusions
* Muscle pulls and strains to authorized coach
* Over-use injuries
* Fractures
* Injuries to small joints
* Facial injuries
* Injuries to teeth
* Eye injuries
* Insect bites and stings
* Heat illness
* Triage and Emergency Management

**What To Do:**

* Managers/coaches should stop all play to protect the player from further injury, as well as those not being closely monitored due to the focus on the injured player.
* Check player’s breathing, pulse and alertness to immediately judge the seriousness of the injury:

If necessary, send someone to call 9-1-1 or get and ambulance or EMS

Call the player’s parents

Send someone to the nearest intersection to direct emergency services to you location

Review the Medical Release form for any important information/warnings about medical conditions the player may have.

* Evaluate the injury:

Can player be moved off the field?

If not, clear area around player and begin examination;

If so, move the player to sideline for closer examination;

Determine if player can return to play or needs first aid.

* Give the appropriate first aid for the injury.
* Turn over care to professionals when they arrive and help as directed.
* If parents are not available, go with the player to treatment center with ambulance; turn over team to authorized coach.
* If emergency medical treatment isn’t required, urge player and parents to see a doctor for a proper diagnosis and treatment plan.
* Record the injury on an injury report.
* Follow up with the player until injury is healed and player can return to play.
* Get medical release prior to allowing player to return, if formal treatment was required. You should have medical professionals available either on-site of at most a phone call away----as well as a method to reach them, by cell phone --- for severe or life threating injuries

**Determining if a player is ready to practice or play again;**

In some cases this may require a doctor’s release. The evaluation process involves determining whether injuries are mild, moderate or severe and should address what to do in each case. The evaluation includes classifying injuries using symptoms and signs. Including appropriate looking, listening and careful moving of the injured part. In evaluating fresh injuries remember the three types of motion:

* Active motion- player is able to move the part themselves
* Active assistive motion- player is able to move the part with little help from you; watch for warning signs like the player telling you it hurts to move.
* Passive motion- player can only move with full assistance from someone else. B especially cautious with passive motion that you do not make the injury worse.

Look for disability (the e player can’t use the injured part) this is the most serious injury.

Example: if a player sprains an ankle but can still limp around it may be mild or moderate. If he can’t get up it is probably severe. Look for swelling, the more immediate and large the swelling the more serious the injury (swelling on the outside means bleeding on the inside).

Also, a noticeable deformity means a serious injury. If the body part doesn’t look the way it did before the accident something’s wrong.

Consider unconsciousness or any eye injury as a serious situation, in the categories of severe injuries, until you are assured otherwise by a medical professional.

**Use the PRICES guide for treating injuries:**

**P-**Protection **R-**Rest **I**-Ice **C**-Compression **E**-Elevation **S**-Support

Preventing Injuries

* Pre-participation health screenings(at least through a health questionnaire/medical release form asking for health concerns and medications)
* Proper maintenance of playing site (game and practice facilities)
* Pay close attention to playing conditions (heat and humidity as well as severe weather
* Make sure players know basics of good nutrition (especially water replacement on hot day)
* Proper athletic conditioning (stretching, strengthening and endurance, as well as agility and coordination drills)
* Avoid overuse (pay special attention to activities outside of Little League, to allow rest and avoid overuse injuries.
* Consistent and proper use of all protective equipment
* Close coach supervision and organization of warm-ups, practices and games
* Careful compliance with all Little League rules, especially those having to do with safety.