

# IDENTIFYING & TREATING COMMON INJURIES & ILLNESS



First and foremost, never try to treat or diagnose a participant without being properly trained or consulting a medical professional. Never try to give or apply medication without a medical professional present and written permission from parents. In the event of a serious incident or injury call 911 immediately. The following is not first aid training or certification, just merely a guide to assist in common things you may see within your program.

Training your staff and volunteers in basic first aid to identify and treat common illness and injury is important for the safety of your participants. Any treatment from program staff should generally consist of just water, a bag of ice or band aid and moving to a cool and comfortable place. Anything above and beyond that should have parents or medical professionals involved. Here is a list of common illness and injury that may happen within your program along with some common symptoms and common treatments for each.

## 1. Dehydration

Headache  
Fatigue  
Dizziness  
Flush  
Dry mouth  
Stomach Ache

### **TREATMENT:**

Find a cool or shaded area, rest, & drink lots of fluids. Seek medical assistance if symptoms worsen.



## 2. Heat Related Illness

### **Heat Cramps**

Heat cramps are the mildest form of heat illness and consist of painful muscle cramps and spasms that occur during or after intense activity and sweating in high heat.

### **Heat Exhaustion**

Heat exhaustion is more severe than heat cramps and results from a loss of water and salt in the body. It occurs in conditions of extreme heat and excessive sweating without adequate fluid and salt replacement. Heat exhaustion occurs when the body is unable to cool itself properly and, if left untreated, can progress to heat stroke.

### **Heat Stroke**

Heat stroke, the most severe form of heat illness, occurs when the body's heat-regulating system is overwhelmed by excessive heat. It can result in fainting or seizures. It is a life-threatening emergency and requires immediate medical attention.

**TREATMENT:** Move to a cool or shaded area, apply cool/wet cloths, rest, and sip water. Seek medical assistance if symptoms worsen.

## 3. Small Scrapes or Lacerations

### **Scrape**

Skin is broken but not all the way through.

### **Laceration**

The skin is cut all the way through.

### **Puncture**

Hole through the skin.

**TREATMENT:** Apply a clean cloth with pressure to stop the bleeding. Run under water to clean the wound, if needed. Apply a band aid or gauze wrap.

## 4. MINOR BUMPS AND BRUISES

Pain and tenderness

Skin discoloration

Swelling or redness

**TREATMENT:** Ice it with a cold pack or ice wrapped in a cloth, 20 minutes on and 20 minutes off. Elevate if needed or swelling persists.



## 5. Bee stings and Bug Bites

Pain and tenderness.  
Swelling in the area of the sting or bite.  
Sometimes itchy.  
Pus around the bite or sting.  
Stinger visible in center of swollen area

**TREATMENT:** If a bee sting, remove the stinger if possible. Clean the affected area with soap and warm water. Use a cold pack to reduce swelling and pain.



## 6. Rolled or Sprained Ankle

Pain, especially when you bear weight on the affected foot.  
Tenderness when you touch the ankle.  
Swelling.  
Bruising.  
Restricted range of motion.  
Instability in the ankle.  
Popping sensation or sound at the time of injury.

**TREATMENT:** A common treatment for rolled or sprained ankles is the RICE treatment - rest, ice, compression, and elevation.

## 7. Concussion

A concussion is a type of traumatic brain injury (TBI) caused by a bump, blow, or jolt to the head or body that causes the brain to move rapidly back and forth inside the skull. This sudden movement can lead to chemical changes in the brain and sometimes damage brain cells. Most concussions are mild and temporary, but repeated concussions can have long-term effects. Symptoms include:

Headache or pressure in the head  
Dizziness or balance problems  
Nausea or vomiting  
Blurred or double vision  
Sensitivity to light or noise  
Ringing in the ears  
Fatigue or low energy  
Slurred speech

**TREATMENT:** If a concussion is suspected, it's important to remove the individual from activity and have them evaluated by a medical professional. Rest and gradual return to activity are key to recovery. The program should have return to play protocols that requires medical clearance from a healthcare professional.





## 8. Illness

### Common Cold

Stuffy, runny nose.  
Scratchy, tickly throat.  
Sneezing.  
Watering eyes.  
Mild cough.

### Flu

Fever or feeling feverish/chills.  
Cough.  
Sore throat.  
Muscle or body aches.  
Headaches.  
Fatigue  
Potential of vomiting or diarrhea

### Covid

Fever or chills

Cough  
Shortness of breath  
or difficulty breathing  
Fatigue  
Muscle or body aches  
Headache  
New loss of taste or smell  
Sore throat  
Congestion or runny nose  
Nausea or vomiting  
Diarrhea

**TREATMENT:** Sit out in a cool area and keep away from other participants. Drink plenty of fluids and contact parents to pick up and take home.

## 9. Allergic Reaction

Itchy, watery eyes	Hives
Itchy nose	Stomach cramps
Sneezing	Vomiting
Runny nose	Trouble Breathing
Rashes	

**TREATMENT:** You should always have your campers allergies documented and take preventative measures to ensure a reaction does not occur. In the event of a potential reaction, contact parents immediately. If the symptoms are severe and you have an epinephrine auto injector, use it as directed right away and call 911 for emergency medical help.

## Here are some things you can do and teach your staff and volunteers to prevent many of these types of incidents:

1. Take frequent water breaks throughout the course of a game or practice. Require each participant to have their own bottle of water.
2. When outside, take your water breaks in a shaded or cooler area out of the direct sun.
3. Avoid long stretches of activity outside in the heat, especially in the afternoon.
4. Before entering a play area, staff should make sure it's safe and free of any hazards such as rocks, pot holes, sticks, wet spots, sharp objects, etc.
5. Inspect equipment regularly and dispose of any degrading or broken equipment.

6. Prior to program ever starting, treat the areas in and around the play area for bugs and pests. Check for wasp nests and ant piles and treat any you many find. Continue to monitor throughout the season.
7. Look out for things with participants like pink faces, excessive sweating, and being frequently out of breath. If you see these things, it's time to sit out and take a water break.
8. If kids complain of a stomach ache or headache don't push them to continue. Allow them to sit out, cool down, and get water to see if that relieves their symptoms.
9. Promote healthy eating choices to parents so participants are eating properly throughout the course of the season.
10. Each field or court should have a basic first aid kit along with ice or cool packs.

Anytime an incident, illness, or injury occurs make sure it is documented and communicated to parents as soon as possible. When in doubt or if the incident worsens always contact a medical professional. When minor incidents occur, treat basic injuries or illnesses quickly and have preventative measures in place to always keep your participants safe and enjoying your program.