**LVAC INJURY TREATMENT GUIDELINES**

Get to know your athletes. A lot of injuries/issues may not be reported so instead look for deviations from the norm.

Cuts/Bleeding

* Flush wound
* Apply sterile bandage w/direct pressure

Head Injuries/Concussions\

* Concussions = brain bouncing off sides of skull
* A&Ox4
* LOC
* Unequal pupils
* Stumbling, loss of coordination, acting strangely

Bruises, Sprains, Fractures, Dislocations

* If PT cannot move do not try to force the limb.
* Keep PT in position of most comfort and immobilize the limb
* Sprains = pain tolerance, watch for swelling, Ice (NO Aspirin/Alieve in 1st 24 hrs)
  + RICE (Rest, Ice, Compression, Elevate)

Heat/Cold Injuries

* If you are thirsty, it is too late to hydrate
* Even if weather is not hot, even if overcast, can still develop sunburn.
* Softball can have a lot of standing/sitting around, encourage kids to jump around on cold days
  + especially if notice kids become lethargic

Allergic Reactions

* rashes, redness
* unable to breath/speak
* know allergies before hand
  + avoid allergens (i.e. know food allergens) at practice and games