



## Procedure for Dealing with Accidents and Injuries

England Dodgeball is committed to reducing the risk of accidents and injuries while playing dodgeball. Dodgeball is a non-contact sport and accidents and injuries do sometimes occur but serious injuries are uncommon. This procedure is designed to provide advice on the management of injuries and accidents.

First aid at training sessions is provided by England Dodgeball First Aiders whilst playing at who are Johnathan Rudland, Charlotte Josiah and Matthew Josiah. Should you suffer an injury which requires first aid, you should stop playing and seek first aid from the aforementioned sources. If the injury is of a serious nature, you should seek professional medical advice from your doctor or A&E.

First aid at tournaments is provided by competition venues. If you are injured at a tournament, you should inform the competition venue reception who will ensure you receive the proper treatment.

**All accidents and injuries should be reported to a coach who will fill out an accident and injury form for monitoring purposes.**

Sports injuries can generally be classified in one of two ways: acute or chronic.

Acute injuries, such as a sprained ankle, strained back, or fractured hand, occur suddenly during activity. Signs of an acute injury include the following:

- sudden, severe pain
- swelling
- inability to place weight on a lower limb
- extreme tenderness in an upper limb
- inability to move a joint through its full range of motion
- extreme limb weakness
- visible dislocation or break of a bone

Chronic injuries usually result from overusing one area of the body while playing a sport or exercising over a long period. The following are signs of a chronic injury:

- pain when performing an activity
- a dull ache when at rest
- swelling

Whether an injury is acute or chronic, there is never a good reason to try to "work through" the pain of an injury. When you have pain from a particular movement or activity, **stop**. Continuing the activity only causes further harm.

Some injuries require prompt medical attention while others can be self-treated. You should call a health professional if:

- The injury causes severe pain, swelling, or numbness.
- You can't tolerate any weight on the area.

- The pain or dull ache of an old injury is accompanied by increased swelling or joint abnormality or instability.

If you don't have any of the above symptoms, it's probably safe to treat the injury at home at least at first. Use the RICE method to relieve pain and inflammation and speed healing. Follow these four steps immediately after injury and continue for at least 48 hours (if pain or other symptoms worsen, it's best to check with your healthcare provider):

**Rest:**

Reduce regular exercise or activities of daily living as needed. If you cannot put weight on an ankle or knee, crutches may help. If you use a cane or one crutch for an ankle injury, use it on the uninjured side to help you lean away and relieve weight on the injured ankle.

**Ice:**

Apply an ice pack to the injured area for 20 minutes at a time, four to eight times a day. A cold pack, ice bag, or plastic bag filled with crushed ice and wrapped in a towel can be used. To avoid cold injury and frostbite, do not apply the ice for more than 20 minutes. (Note: Do not use heat immediately after an injury. This tends to increase internal bleeding or swelling. Heat can be used later on to relieve muscle tension and promote relaxation.)

**Compression:**

Compression of the injured area may help reduce swelling. Compression can be achieved with elastic wraps, special boots, air casts, and splints. Ask your health care provider for advice on which one to use.

**Elevation:**

If possible, keep the injured ankle, knee, elbow, or wrist elevated on a pillow, above the level of the heart, to help decrease swelling.

Although severe injuries will need to be seen immediately in an emergency room, particularly if they occur on the weekend or after office hours, most sports injuries can be evaluated and, in many cases, treated by your primary health care provider.

Depending on your preference and the severity of your injury or the likelihood that your injury may cause ongoing, long-term problems, you may want to see, or have your primary health care professional refer you to a specialist.

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