

First Aid Guidelines 2018

Prevention of injuries is the first priority

- Break away bases – mandated by Little League
- Face guard helmets – required of Danville Little League teams – No exceptions
- Other protective equipment
- Control bats: On deck batter should get bat on the way up to the plate, not before.
 - No one else should have a bat, in or out of the dugout
- Make sure field is safe for play before starting
- Monitor playing conditions (heat, light, severe weather/lightning, etc.)
- Be sure water is available
- Avoid overuse
- Provide close and continuous supervision/organization

In case an injury does occur:

- Immediately stop all play to avoid further injury
- Check players breathing, pulse and alertness to determine injury severity
 - Call 911 if necessary
 - Call player's parents if not already on site
 - Send someone to park entrance to direct emergency personnel
- Review Medical Release Form for possible important additional information
- Evaluate the injury
 - Can the player be moved from the field?
 - If yes, move to sideline/dugout for further evaluation
 - If not, clear the area around the player and begin evaluation
 - Determine what needs to be done next
 - Can the player return to the game?
 - Does the player need first aid?
 - Does the player need further medical evaluation?
 - Parental/coach transport vs. ambulance
- First aid kits: Field 3 & 4 sheds and Barnett Field Concession stand & Ice @ Concession stand
- Give first aid as appropriate
- If parents not available, manager/coach should accompany player for treatment, with medical release form
- Record any significant injury on an injury report
- Follow-up until injury is healed and player can return to play
- Get a medical release if formal treatment was required
- If injury is minor and parents not on site, be sure to inform parents when the child is picked up after practice

Evaluation of Injuries:

- Reassure the child
- Know your limitations
- Bleeding:
 - Severe: Direct pressure
 - Minor: Clean gently with soap and water, apply sterile dressing
- Bruising/Swelling:
 - Without deformity: Elevate/ice
 - With deformity: Immobilize, seek immediate medical attention
- Concussion: Unconsciousness, confusion, seem "out of it", dizziness, vomiting, headache
 - Out for at least the rest of the day; will require medical clearance before returning
 - Return from a concussion includes both games and practice

Treatment of Injuries:

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