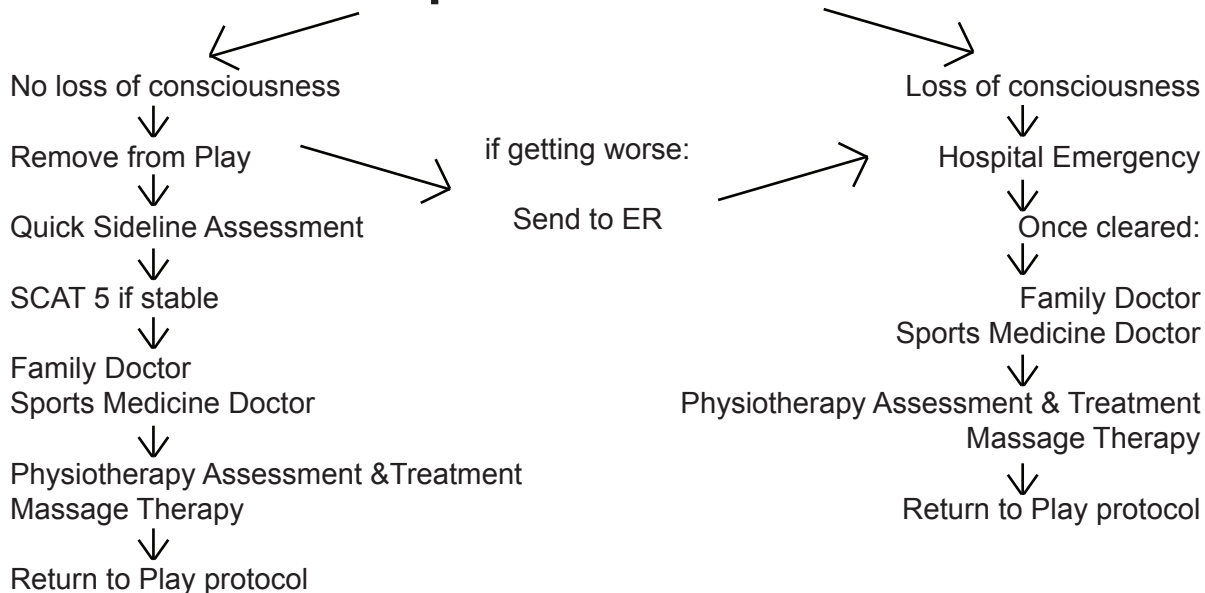


Suspect Concussion



NOTE: If concussion is suspected, do not return to play that day.
(Visit WSM's Youtube channel for information on Concussion Management)

Hyperthermia

Signs / symptoms:

Flushed skin
Muscle Cramps
Increased thirst
Increased fatigue
Dizziness
Mental confusion
Nausea / vomiting
Headache
Cool, clammy skin
Rapid pulse

What to do:

Move player to shaded spot
Apply cold compresses to neck and forehead
Place ice packs on neck, in armpits and groin
Introduce sips of water if possible
If symptoms do not improve, or worsen, send player to nearest Emergency Room.

Wound Cleaning



Turf Burns, Scrapes, etc.

Flush wound with water

Remove loose debris

Clean surrounding area with alcohol swab

Let wound air dry

Clean wound with Benzalkonium swab

Deeper wounds

Flush wound with water

Remove loose debris

Clean surrounding area with alcohol swab

Cover with non-adherent gauze

If stitches required, refer to ER ASAP to decrease risk of infection

Ankle Sprain



If Player can walk on own:

Ice pack with compression

Reassess next day to determine need for physiotherapy/ massage therapy

Return to Play Testing

If Player cannot put weight on ankle:

(If deemed severe, send player to Emergency Room)

Family doctor
Sports Medicine Doctor

X-ray?

Physiotherapy Assessment

Return to Play Testing

NOTE: Visit WSM's Youtube channel to view
'Open Basket Taping' and 'Post ankle Sprain Rehabilitation'