Priorities in the Management of an Injured Athlete

Prevent the incident ➢ Attempt to prevent the incident in the first place

Prevent complications arising ➢ Attempt to prevent complications arising from the incident. That is, control the dangers and ensure that the area is safe for everyone.

Ensure no life-threat ➢ Ensure that there are no life-threatening problems to the athlete. If there is a life-threatening problem, such as an airway obstruction or severe external bleeding these must be identified and managed before proceeding.

Prevent athlete from getting worse ➢ Having made sure that there are no life-threatening problems, now attempt to prevent the athlete from becoming worse. Prevent delay in their recovery and if the athlete has more than one injury, prioritise them.

Ensure athlete is handled carefully ➢ Having managed the injuries, ensure the athlete is handled carefully. Consider the athlete’s reaction to the injury i.e.
  - emotion
  - reaction
  - attitude, with respect to the incident
  - prevent infection from occurring

Arrange further care ➢ Arrange for further care of the injured athlete. This may include:
  - on-field assistance
  - assistance from the ground, either by lifting or stretcher
  - calling an ambulance, if necessary
  - if appropriate, arranging private transport for referral to a doctor or hospital
  - contact the injured athlete’s school Principal

Maintain adequate records ➢ It is important to maintain adequate records for the club, as well as for the athlete, if referred to a doctor or physiotherapist. Such records should include:
  - the time of the incident
  - how the incident happened
  - a copy of your observations at the time
  - what management you conducted
  - what advice you gave the injured sports person
  - submit this information on “Accident Report” proforma to the Diocesan Sport and Health Coordinator. ASAP. The signed Parent Consent medical form must be attached to the Accident Report form.

These records should remain on your file for a number of years for medical and legal purposes.