

Sprains & Strains Review



Date: _____ Reviewed Staff: _____ ERT Facilitator: _____
Other ERT Members: _____

Situation: A student has strained/sprained their ankle/wrist/knee/etc. (ERT Member chokes injured body part, tailor to service area)

Victim: Roll back and forth on the ground holding your ankle/knee/wrist etc. In serious pain.

Checklist: (Facilitator/victim will verbalize bold words in parenthesis):

- ___ Grab the AED, first aid kit, radio and cell phone OR radio staff to bring these items to scene using correct radio language*
- ___ Check the scene (**scene is safe**)
- ___ Check the victim and ask “are you okay?” (“**my ankle/knee/wrist etc. hurts a lot**”)
- ___ Tell victim you are first aid certified and want to help; obtain consent
- ___ Ask the victim what happened? Where does it hurt? Do you hurt anywhere else? Has this ever happened before? Did you hear or feel anything?*(**respond to the questions asked**)
- ___ Move victim to a comfortable position (sitting/lying down) while stabilizing injury (“**my ankle hurts when I move it**”)
- ___ Radio other staff for bag of ice and apply ice to the injury.*
- ___ Recommend that they seek further medical care. Ask if they have a ride.
- ___ Fill out an Injury/ Illness Report*
- ___ Offer the assistance of the transportation chair.
- ___ Provide an Injury Transportation Handout*

Questions

- ___ What is the difference between a medical emergency and a medical incident?*
- Medical Emergency: A life-threatening medical emergency involves an injury or illness that if left untreated or not identified quickly, could lead to a life-changing condition, or someone’s death. These types of emergencies result in the need for advanced medical attention or the calling of an ambulance transport.
- Medical Incident: A non-life-threatening medical incident involves an injury or illness that is less severe and does not typically need more advanced medical attention. With the exception of medical needs due to a pre-existing injury or injuries that occur when a Rec Sports Athletic Trainer is on-site, all injuries, no matter their severity, must be reported when care or resources (ice, bandages, etc.) is provided via an Injury/Illness Report.
- ___ What are the six steps of the Rec Sports Incident Response Plan?
- CHECK, CALL, CARE, DOCUMENT, CHAIN OF COMMAND, CLEANUP & NEXT STEPS

Write any comments on other side

If 3 () missed, staff automatically does not meet requirements*

Met Requirements Did not meet requirements _____ (Facilitator: **Kylie will contact you**)

Signature of Facilitator: _____ Signature of Reviewee: _____