

### **Injury Assessment**

- Remain calm!
- Remember - any pre-existing health problems; check the athlete's medical history
- Recall - the mechanism of injury
- Safety - protect athlete from further harm
- Position - keep athlete in the position they are found, provided no further harm can occur
- Equipment - do not remove equipment if doing so will further harm an athlete, i.e. shoes

### **Primary Survey**

1. Determine level of Consciousness
2. CHECK:    A. Airway  
              B. Breathing  
              C. Circulation

(Resting Pulse for a child is 90-120, adolescent is 75-85 and Adult is 60-100)

3. Maintain A, B, C
4. Provide rescue breathing or CPR if necessary

### **Secondary Survey**

1. Ask athlete/spectators any pertinent questions regarding what happened.
2. Check for any bleeding, deformities, (fractures) swelling, discoloration
3. Provide basic first aid for injuries
4. Notify proper Emergency Medical Service and Parent Guardian