

CMBA Risk Management

Steps To Follow When an Injury Occurs



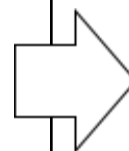
Step 1: Control the environment so that no further harm occurs

- Stop all participants
- Protect yourself if you suspect bleeding (put on gloves)
- If outdoors, shelter the injured athlete from the elements and from any traffic

Step 2: Do a first assessment of the situation

If the athlete:

- Does not have a pulse
- Is bleeding profusely
- Has impaired consciousness
- Has injured the back, neck or head
- Has a visible major trauma to a limb
- Cannot move his/her arms or legs or has lost feeling in them



**Activate
EAP!**

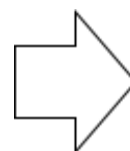
If the athlete does not show the signs above, proceed to step 3.

Step 3: Do a second assessment of the situation

- Gather the facts by asking the injured athlete as well as anyone who witnessed the incident
- Stay with the injured athlete and try to calm him/her: your tone of voice and body language are critical.
- If possible, have the athlete move himself/herself off the playing surface. Do not attempt to move an injured athlete.

Step 4: Assess the Injury

Have someone with first aid training complete an assessment of the injury and decide how to proceed. If the person trained in first aid is not sure of the severity of the injury or there is no one available who is trained in first aid assessment, activate EAP. If the assessor is sure the injury is minor, proceed to step 5.



**Activate
EAP!**

Step 5: Control the return to activity

Allow an athlete to return to activity after a minor injury only if there is no:

- Swelling
- Deformity
- Continued bleeding
- Reduced range of motion
- Pain when using the injured part

Step 6: Record the injury on an accident report form and inform the parents.