

Soccer First Aid

Unfortunately, players sometimes get hurt. Here's some information to keep handy for recognizing and treating injuries and other health related problems that you might encounter on a soccer field.

Heat Stroke

Symptoms:

- High body temperature
- Skin hot, red and dry
- Pulse is rapid
- Player is unconscious

First Aid:

- Apply cool cloths
- Seek medical help immediately

Heat Exhaustion

Symptoms:

- Normal body temperature
- Skin pale and clammy
- Profuse sweating
- Weakness, headache, nausea

First Aid:

- Apply cool cloths
- Sip cool water
- Rest
- If vomiting seek medical attention

Strain - Injury to a Muscle

Symptoms:

- Pain
- Swelling
- Redness

First Aid:

- Ice
- Rest
- Gradually resume use

Sprain - Injury to a Joint or Ligament

Symptoms:

- Pain
- Rapid swelling
- Heat
- Discoloration

First Aid:

- RICE
 - Rest
 - Ice
 - Compress
 - Elevate

Heat Cramps

Symptoms:

- Pain in abdomen and legs

First Aid:

- Massage muscle
- Sip cool water

Laceration

Symptoms:

- Bleeding from skin

First Aid:

- Minor
 - Wash and cover with protective dressing
- Major
 - Apply direct pressure
 - Seek medical attention

Blisters

Symptoms:

- Collection of fluid within the skin

Prevention:

- Wear double socks

- Apply petroleum jelly to toes and heel

First Aid:

- Do not break blister
- Cover with protective dressing

Nose Bleed

Symptoms:

- Bleeding from the nostrils

First Aid:

- Hold the fleshy part of the nose (just below the bone) with firm pressure for 15 minutes without interruption
- If bleeding continues, repeat above for additional 15 minutes
- Do not attempt to clear nostrils for 24 hours

Head Injury

Symptoms:

- Swelling or bleeding may or may not be visible

First Aid:

- Apply ice to injured area
- Rest player
- Monitor closely for:
 - Confusion
 - Difficulty walking
 - Vomiting
 - Weakness

If any of the above occur, seek medical help immediately.

Caution:

- If nose bleed occurs after a head injury, do not attempt to stop bleeding. Seek medical attention immediately.

Caution:

- Coaches too often send players back in if they are not stumbling or incoherent. A better test is to have the player recite four digits backwards, or describe the play or action just before he/she was hurt. He should also be asked to remember four random words, and then asked what the words are five minutes later. A player who fails any of these tests is likely to have a concussion and should not return to play until

seen by a doctor.