

[Sports injury prevention, treatment and referral information for websites]

## Information for players

### Preventing injuries

Playing sport is about spending time on the field or court, not on the sideline. Injuries are common in sport but there are things you can do to avoid getting injured.

- Warm up thoroughly before games and practices.
- Drink before, during and after sport. Pack an extra drink bottle if you're playing when it's hot.
- Wear a mouthguard, shin pads and other protective gear – your body will thank you for it!
- Watch out for others – when you're on the field or court.
- Cool down and stretch after practices and games to avoid cramp and muscle injuries.
- Exercise in between games to keep your fitness levels up.

### What to do if you get injured

Check the chart below for details on what to do if you do get injured.

**Sports injury & illness treatment and referral information**

**With all injuries**

- Quick assessment ideally by trained first aider: can they get to the sideline? If not, call 111
- At the sideline:
  - Provide immediate treatment
  - Provide information on what to do and where to seek further treatment
- Options for further treatment:
  - Weekdays: call family doctor or Healthline 0800 611 116
  - Weekends: call or go to After Hours: 9am-5pm based at Masterton Medical Centre Phone 06 370 0011

Sprain, strain & possible fracture	Cuts & wounds	Head injury
<b>Immediate treatment</b> <ul style="list-style-type: none"><li>• Check the injured area</li></ul>	<b>Immediate treatment</b> <ul style="list-style-type: none"><li>• Clean</li><li>• Cover</li><li>• Check</li></ul>	<b>Immediate treatment</b> <ul style="list-style-type: none"><li>• Check concussion symptoms: unconscious, drowsy, can't move limbs, confused, vomiting</li></ul>
<b>Where to go next:</b>	<b>Where to go next:</b>	<b>Where to go next:</b>
<b>Home:</b> to rest and follow RICED guidelines if minor swelling and bruising	<b>Home:</b> to rest and monitor minor wounds	<b>Home:</b> if minor knock to head to rest and monitor
<b>1 Weekday:</b> call family doctor if in pain or can't use limb as normal	<b>1 Weekday:</b> call family doctor if gaping wound, has dirt or something inside wound or if not healing after 2 days	<b>1 Weekday:</b> call family doctor if any loss of consciousness or in severe pain
<b>2 Weekends:</b> visit After Hours if can't use limb as normal and very painful	<b>2 Weekends:</b> visit After Hours if gaping wound, has dirt or something inside wound	<b>2 Weekends:</b> visit After Hours if any loss of consciousness or in severe pain
<b>3 ED:</b> go to ED if in severe pain and limb is pale, cold and/or deformed	<b>3 ED:</b> go to ED if large or deep wound and large blood loss	<b>3 ED:</b> call 111 if unconscious or go to ED if drowsy, acting strange, vomiting, can't move parts of body