



Safety & Emergency Preparedness Program

Appendix B

Injury Response Quick Guide

Purpose & Overview

This guide provides coaches, volunteers, and on-site personnel with quick reference instructions for responding to injuries during Beth-Wood Baseball activities. Every injury—no matter how minor—must be assessed promptly, treated appropriately, and documented using the league's Injury Report Form within 48 hours.

PRICES Procedure

A simple and effective response sequence for most minor musculoskeletal injuries:

P – Protection: Protect the injured area from further harm (remove from play).

R – Rest: Avoid using the injured limb or joint.

I – Ice: Apply cold compress 20 minutes on / 20 minutes off to reduce pain and swelling.

C – Compression: Wrap lightly with elastic bandage to limit swelling.

E – Elevation: Raise the injured area above heart level when possible.

S – Support: Stabilize with splint or sling until evaluated.

Common Injuries and Immediate Actions

Contusions (bruises) – Apply ice 15–20 minutes and rest.

Lacerations (cuts) – Clean with water, control bleeding with sterile dressing; cover

appropriately.

Sprains / Strains – Follow PRICES; do not force movement; evaluate before return to play.

Fractures / Dislocations – Immobilize; call 911; do not attempt realignment.

Overuse Injuries – Encourage rest; resume gradually after symptom-free period.

Heat Illness – Move to shade; remove excess clothing; cool rapidly with water or ice towels; give sips of water.

Insect Stings / Allergic Reactions – Remove stinger if present; apply ice; monitor for swelling or breathing difficulty; use EpiPen if prescribed and call 911.

Emergency Response Protocols

- **Call 911 immediately** for:
 - Unconscious athlete
 - Suspected fracture of head, neck, or spine
 - Seizures or severe allergic reaction
 - Serious bleeding or amputation
 - Any life-threatening condition
- **Assign roles:** one person calls 911, one meets EMS at the entrance, one monitors the athlete.
- **Do not move** the athlete unless environment is unsafe.
- **Notify parent or guardian immediately.**
- **Complete Injury Report Form** within 48 hours.

Post-Injury Follow-Up

- Encourage appropriate rest and rehabilitation.
- If a player was referred to a physician, written medical clearance is required before resuming baseball activities.
- Maintain records of all injury reports and follow-up communications for the season.

Sources (2023 – 2025 updates)

- **UC Davis Health.** *7 Common Injuries in Youth Sports and How Parents Can Help Prevent Them* (2023).
- **Safe Kids Worldwide.** *Sports Safety Tips* (2025).
- **Babe Ruth League.** *League Safety & First Aid Guidelines* (2024).