



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.
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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.
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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.
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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).