

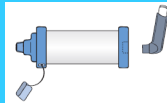
# Netball Primary Carer

## Asthma First Aid

- 1 Sit the player comfortably upright**
- Calm and reassure the player
  - Don't leave the player alone



- 2 Give 4 puffs of blue reliever puffer**
- Use a spacer if there is one
  - **Shake** puffer
  - Put **1 puff** in spacer
  - Player takes **4 breaths** from spacer (there is a spare one in the netball first aid bag if the player doesn't have their own).



**Repeat** until **4 puffs** have been taken  
**Remember: Shake, 1 puff, 4 breaths**

- 3 Wait 4 minutes**
- If there is no improvements give **4 more puffs** as above
  - have someone **fetch an official MFNC trainer** (wearing yellow trainer shirt)



- 4 If there is still no improvement you may need to call emergency assistance, ON THE TRAINERS ADVICE (DIAL 000)**
- Say 'ambulance' and that someone is having an asthma attack
  - Keep giving **4 puffs** every **4 minutes** until emergency assistance arrives



Call emergency assistance immediately (DIAL 000)

- If the player is not breathing
- If the player's asthma suddenly becomes worse, or is not improving
- If the player is having an asthma attack and a puffer is not available
- If you are not sure if it's asthma

**Blue reliever medication (puffer) is unlikely to harm, even if the person does not have asthma**

## Bleeding cuts and grazes

- 1** Get the blood container from the netball first aid bag



- 2** Put on a set of gloves

- 3** Smear some Rectinol over the cut/graze



- 4** Place a cotton pad over the cut/graze



- 5** Use blood tape (white or brown bubbly feeling tape) to hold the pad in place. You may need to place some rigid tape (brown flat tape) over the end of the blood tape to secure it



- 6** If the cut is deep stem the flow of blood by applying pressure (wearing gloves). Have someone **fetch an official MFNC trainer** (wearing yellow trainer shirts).

### Blood Policy

An umpire is required to call 'time' when no "on court" player has called time and the umpire observes that a player is bleeding or there is blood on the court, ball or any other player.

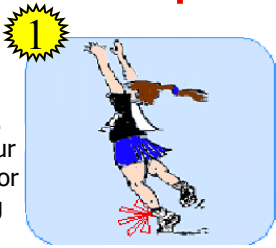
Play may be stopped for up to two minutes and the rules regarding stoppages shall apply.

Before any player may retake the court:-

1. the flow of blood must be stopped
2. any wound must be cleaned and adequately covered
3. any blood stained clothing must be cleaned or removed
4. if necessary, the ball and court must be cleaned before play restarts.

# Suspected Sprains

Injuries such as sprains and fractures can happen easily. They often occur after accidents or falls, or during sport or other physical activities.



When an injury occurs some internal bleeding and swelling can develop in the injured area. Too much swelling can cause extra damage.



**R - Rest**  
**I - Ice**  
**C - Compression**  
**E - Elevation**  
**R - Referral**

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RICER is a first aid technique used in the first 48 hours after a sprain, strain or fracture. It can limit swelling and help speed up recovery.

The player should call 'time'. Reassure the player and have someone fetch a MFNC trainer. The trainer will assess the injury and advise of the course of action. If the trainer advises that the player needs RICER then:-



**R - Rest**

Move the player off the court and have them rest comfortably in a chair. Don't let player keep on playing.



**I - Ice**

Use an ice pack to reduce pain and swelling in the affected area. Don't apply the ice directly on the injury, use a wet cotton bag or towel. Apply ice for 15mins then remove for 15mins. Re-apply for 15mins.



**C - Compression**

The trainer will apply a compression bandage usually after the injury has been iced for a couple of 15min brackets and the player has showered. The trainer will advise the player or parent/carer of the follow up first aid.

**E - Elevation**

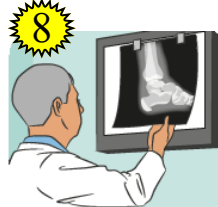
Elevate the injured area before applying ice. Elevating limits blood flow and minimises swelling. Keep legs above the player's hip bones by putting the leg on a chair, pillow or stool. Use a sling for arm injuries.

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**R - Referral**

The MFNC trainer will advise the player/parent/carer about further referral



# Heat illness

If a player starts to experience any of the following symptoms or signs they should stop and leave the court immediately after time out is called.

- ↪ Light headedness, dizziness
- ↪ Obvious fatigue
- ↪ Obvious loss of skill and coordination/ clumsiness or unsteadiness
- ↪ Aggressive or irrational behaviour
- ↪ Ashen grey pale skin
- ↪ Nausea
- ↪ Cessation of sweating
- ↪ Confusion
- ↪ Altered consciousness
- ↪ Collapse



## Treatment for heat illness

- Remove player from the court
- Lay the person down in a cool place
- Raise legs and pelvis to improve blood pressure
- Remove excess clothing
- Cool by wetting skin liberally and vigorous fanning (evaporative cooling)
- Apply ice packs to groin, armpits and neck
- Give cool water if conscious

Persons suffering from heat exhaustion usually recover rapidly with this assistance

- If the athlete remains seriously ill, confused, vomiting or shows signs of altered consciousness call an ambulance immediately and seek a MFNC trainer. Continue to cool. If available, cool in a shallow canvas/ plastic bath of iced water (5-10 minutes.)
- If necessary cooling should continue during removal to hospital.



## Children and heat stress

Children sweat less and get less evaporative cooling than adults.

In warm and hot weather they have greater difficulty getting rid of heat; they look flushed, and feel hotter and more stressed than adults. Overweight children are particularly disadvantaged exercising in warm weather.

Children seem to be effective at "listening to their bodies" and regulating their physical activity. For this reason, children should always be allowed to exercise at their preferred intensity. They should never be urged to exercise harder or compelled to play strenuous sport in warm weather. If children appear distressed or complain of feeling unwell, they should stop exercising.

In warm weather wet sponging will make children feel more comfortable.

Drinks should be provided for children playing sport