



Adventist Risk
Management® Inc.



PREVENTING COMMON SPORTS INJURIES

The most common sport-related injuries happen because of accidents, poor training practices, or using the wrong gear or equipment. Consideration should be given to protecting the safety of all participants in church and school active sports leagues. Taking appropriate preventative action reduces the possibility for injury. Educate your team and athletes on how to play safe and avoid painful and costly sports injuries.

The Seven Most Common Sports Injuries

- ANKLE SPRAIN
- GROIN PULL
- HAMSTRING STRAIN
- SHIN SPLINTS
- TENNIS ELBOW (EPICONDYLITIS)
- KNEE INJURY: ACL TEAR
- KNEE INJURY: PATELLOFEMORAL SYNDROME — INJURY RESULTING FROM THE REPETITIVE MOVEMENT OF YOUR KNEECAP AGAINST YOUR THIGH BONE.

The PRICE Method

- *P — protect from further injury*
For more severe injuries, protect the injured area with a splint, pad, or crutch.
- *R — restrict activity*
Restricting activity will prevent worsening of the injury.
- *I — apply ice*
Apply ice immediately after a common sports injury. Use ice for 20 minutes every one to two hours for the first 48 hours after the injury. Don't use heat during this time. Heat intensifies swelling and inflammation.
- *C — apply compression*
Compression with an elastic bandage will help reduce swelling.
- *E — elevate the injured area*
Elevating the injured area above the heart will also reduce swelling.

Most injuries result from not warming up properly and not treating small injuries or sprains when they take place. When experiencing a light injury, don't continue playing. Allow the injury to heal before getting back in the game. Treat light sprains and pulled muscles using the P-R-I-C-E method.



Tips For Coaches

- Make sure you have the appropriate release forms for each player before the season starts, including:
 - Parental Consent
 - Medical Release
- Group children by their skill level and body size, not by their age. This is especially important for sports where there may be contact.
- Match the child to the sport. Don't push the child too hard to play a sport that she or he may not like or be able to do.
- Require all children to get a physical exam before playing.
- Have certified athletic trainers coach your teams.
- Have a medical professional onsite during all sport activity.
- Do not allow an injured child to participate until the injury is healed.
- If a child is injured, have them immediately examined by a medical professional. Take them to receive advanced medical care if needed.

Does Your Team Have Sports Accident Coverage?

Adventist Risk Management, Inc offers two coverages for sports accidents, **Organized Leagues** and **Organized Athletic Activities**.

Ask your Account Executive how to apply or contact us at www.AdventistRisk.org

When to Seek Medical Attention

If you or one of your players are experiencing any of the following, seek the attention of a medical professional.

1. Deformities in the joint or bone — it looks "crooked," or moves abnormally
2. You cannot bear weight or can't use the limb without it "giving way"
3. Excessive swelling
4. Changes in skin color beyond mild bruising
5. It's not getting any better after a few days of PRICE therapy

10 Tips for Protecting Your Body and Your Players

1. Always stretch and perform warm-up exercises before you play any sport
2. Pain does not equal gain; pain equals injury. Do not play or workout when you are very tired or in pain.
3. Don't overdo it. Build up your exercise level gradually.
4. Cool down after hard sports or workouts.
5. Wear shoes and use equipment that fit properly, are stable and absorb shock.
6. Use the softest exercise surface you can find to absorb shock.
7. Run on surfaces free of trip hazards.
8. Do not bend your knees more than halfway when doing knee bends.
9. Do not twist your knees when you stretch. Keep your feet as flat as you can.
10. When jumping, land with your knees bent.

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