

If your child suffers an injury during athletics,
THINK R.I.C.E.D!

• • • WHAT DOES R.I.C.E.D STAND FOR? • • •

R est

- Rest reduces further damage to the injured tissue - stop activity as soon as the injury occurs.
- Avoid as much movement of the injured site as possible limit further injury.
- Rest in some cases may mean using crutches to reduce the weight going through the injured part.

I ce

- Ice cools the injured tissue and reduces pain, swelling and bleeding.
- Place ice (*wrapped in a damp towel*) onto the injured area.
Don't put ice directly onto bare skin – it can cause a burn
- Secure the ice pack firmly in place with a bandage.
- Keep ice on the injury for 20 minutes, and repeat every 2 hours for the first 48 hours.

TIP • Every first aid kit should contain both an instant ice pack plus a professional sporting ice pack.

C ompression

- Compression helps to reduce bleeding and swelling.
- Ensure that bandaging is not so tight that it cuts off circulation or causes tingling or numbness in the injured limb.
- Bandage the injury between ice treatments.

E levation

- Elevation helps to stop bleeding and reduce swelling.
- Raise the injured area on pillows for comfort and support.
- Keep the injured area raised above heart level.

D iagnosis

- Consult a medical professional (*such as your club physiotherapist*), especially if:
 - *you are worried about the injury*
 - *there is obvious deformity at the injury site*
 - *the pain or swelling has not gone down significantly within 48 hours*