

SAHS ATHLETIC TRAINING RECOMMENDATIONS

Excellent fitness before starting athletics can help keep you injury-free and having fun.

Fitness includes year-round exercise, good nutrition, quality sleep, and avoiding harmful substances (drugs, tobacco, vaping, stimulants like caffeine, and alcohol).

Check out these other tips for staying healthy and injury-free:

IF YOU ARE INJURED DURING TRAINING OR A GAME...



Let your coach know, and contact Tyler Cates at Redington-Fairview General Hospital's Rehab and Fitness Services for an evaluation.

This is the best way to ensure you are well and able to return to play as soon as possible.

IF YOU DISCOVER AN INJURY OR PAIN AT HOME...



For **bruises** and **joint injuries**, treat with **RICE** for the first 24 hours:

- **Rest** - take a break from activities that cause pain.
- **Ice** - Cold can reduce pain and swelling. Apply ice (wrapped in a towel, not directly against your skin) for 10-20 minutes three times per day.
- **Compression** - Wrap the area with an elastic bandage (like an ACE bandage). Don't wrap too tightly! Loosen the bandage if you feel coolness, numbness, tingling, or have more swelling below the bandage.
- **Elevation** - Raise the injured area up on pillows whenever possible, above the level of your heart.

If your injury doesn't improve in 24 hours, contact Tyler Cates or your doctor.



For **skin injuries**, clean the area with plain soap and water, and apply a clean bandage if necessary. If pain or more than 1 inch of redness develops, contact your doctor.

IF YOU HAVE A HEAD INJURY...

A concussion can occur even without losing consciousness, and you may not know you're injured until hours later. If you have even a mild head injury:



Rest, avoid screen time, and drink plenty of fluids. Contact your coach or Tyler Cates—they can help you return safely to play.

If you have questions about head injuries, visit www.cdc.gov/concussion, or contact your doctor.



Redington-Fairview
General Hospital

**REHAB AND FITNESS
SERVICES**

(207)-474-7000

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Remember to shower after training and games to help prevent skin infections