Year 11

Cambridge National Level 1 /2 in Sport Science

Contents - Learning Outcome 1 – Different factors which influence the risk and severity of injury

Year 11

Contents – Learning outcome 2 – Warm up and cool down routines

13. Warm up components
14. Stages of the warm up examples
15. Benefits of a warm up
16. Cool down components and benefits
17. Stage 2 cool down with examples

Year 11

Contents - Learning outcome 3 – Different types and causes of sports injuries

18. Acute or Chronic?
19. Acute Injuries – Soft tissue injuries
20. Acute Injuries – Soft tissue injuries
21. Acute Injuries – Hard tissue injuries
22. Acute Injuries – other injuries
23. Chronic injuries – Soft tissues / overuse injuries
24. Chronic injuries – Soft tissues / overuse injuries

Year 11

Contents – Learning outcome 4 – Reducing risk, treatment and rehabilitation of sports injuries and medical conditions

25. Safety checks
26. Strategies to reduce risk of injuries and medical conditions
27. Responding to injuries – Action plan and Emergency Action Plan (EAP)
28. Responding to injuries – SALTAPS
29. SALTAPS in action
30. Responding to injuries - DRABC
31. DRABC in action
32. PRICE
33. X ray and types of treatment
34. Responding to injuries and medical conditions
35. Responding to injuries and medical conditions
36. Psychological Reponses to sports injuries and medical conditions

Year 11

Contents – Learning outcome 5 – Causes, symptoms and treatment of medical conditions.

Year 11

Extrinsic factors - CEET

1. **Coaching and supervision**
2. **Environmental**
3. **Equipment**
4. **Type of Activity**

Intrinsic factors - PRI

1. **Psychological factors**
2. **Reasons for Aggression**
3. **Individual variables**

Extrinsic Factors	**Consideration 1**	**Consideration 2**	**Consideration 3**	**Consideration 4**	**Consideration 5**
Coaching/ Instructing/Leading	Knowledge of technique / rules/ regulations	Experience	Communication	Supervision	Ethical standards/ behaviour
Environment	Weather / temperature conditions	Playing surface (natural and artificial) and surrounding area	Human interaction 1. Other participants 2. Officials 3. Spectators		
Equipment	Protective Equipment	Performance Equipment	Clothing	Footwear	
Type of Activity	Contact Sports	Non-Contact Sports			

Year 11

Extrinsic factors - CEET

1. Coaching / Instructing / Leading

Knowledge of technique / rules/ regulations	Can lead to injury as participants could high tackle a person in rugby which can lead to a neck injury or concussion. Using the correct shaped hockey stick to avoid injuries if the stick is too hooked
Experience	If you are inexperienced and try a somersault on a trampoline can lead to an injury. If a coach does not have the experience on how to instruct a big group could lead to an injury due to lack of control
Communication	Poor communication could lead to an injury if pupil don't listen when to throw and collect a javelin in lessons
Supervision	If participants are not supervised they could get injured through silly behaviour e.g. getting hit on the head with a hockey stick
Ethical standards/ behaviour	If a participant is injured and the other team play on they may cause in injury through collision – so teams will kick the ball out if someone is injured

Year 11

Extrinsic factors - C**E**ET

2. Environmental factors

Weather / Temperature conditions	Can cause injury for example the heat could cause sun stroke and cause participants to become de-hydrated or the rain could cause a pitch to be slippy
Playing surface (natural / artificial) and surrounding area	Can cause injury due to ice on a netball court or billboards or spectators around the playing area can cause collisions and therefore injuries. Astro turf can cause burns to the skin and grass can have unseen potholes
Human interaction • Other performers / participants • Officials • spectators	Can cause injury as collisions can occur in netball or rounders when going for the ball Umpired or referees can collide with participants Spectators could be on the filed of play or to close and collide or get hit with a piece of performance equipment e.g. a ball

Year 11

Extrinsic factors CE**E**T

3. Equipment

Protective equipment	e.g. shin pads worn by footballers, helmet worn by a cyclist. Protecting bones, body parts, and vital organs from injury
Performance equipment	e.g. hockey stick, football, and rock climbing harness. Items used to perform a sport
Clothing	e. g. cotton socks for trampolining or light weight t-shirt for marathon runners. Skiers would need warm clothes to prevent hypothermia.
Footwear	e.g. football boots, spikes for athletics, astro turf shoes to prevent slipping, well fitting trainers for marathons

Year 11

Extrinsic factors - CEE**T**

4.Type of activity

Contact sport	Such as rugby, boxing and football they have a different chance of injury such as broken bones and concussion due to the nature of the sport
Non-contact sports	Such as lawn green bowls, tennis, and skiing have a different chance of injury such as sprain or strains due to the nature of the sport

Intrinsic Factors										
Psychological Factors	Motivation	Arousal	Anxiety / stress	Confidence	Aggression • Direct • channelled					
Reasons for aggression	Level of performance	Retaliation	Pressure to win (performer, coach, spectators)	Decisions of officials	Performance enhancing drugs	**M**ental Strategies for aggression 1. Mental rehearsal 2. Imagery 3. Selective attention				
Individual Variables	Gender	Nutrition /hydration	Fitness levels	Experience	Previous / recurring injuries	Sleep	Age	Weight	Technique / ability	Medical conditions

Year 11

Intrinsic factors - PRI

Motivation	Lack of motivation could cause injury as the performer will not commit to an activity e.g. a boxer could not dodge a punch and get punched Over motivation could cause performers to make poor decisions e.g. over commit to a rugby tackle causing an injury
Aggression • Direct • Channelled	Aggression can have a negative of positive effect on the risk of injury Aggression with contact against someone e.g. punching someone in football or rugby leading to a broken nose No intent to harm hitting a tennis ball hard, spiking a volleyball
Arousal	If a performer becomes too aroused they may make wrong decision e.g. when to rugby tackle or lash out when frustrated. Under arousal can lead to lack of confidence and making the wrong decision.
Anxiety/ Stress	If a performer becomes too stressed their anxiety will increase and they then may be worried or nervous which could cause mistakes and injury e.g. somersault in gymnastics
Confidence	Being over confident could cause you to over estimate your ability and get hurt e.g. preforming a dive from a high diving board

Year 11

Intrinsic factors - PRI

2. Reasons for aggression

Level of performance	If your performance is going badly may get frustrated or if you are playing a particular sport at a high level you may be more aggressive to perform at your best
Retaliation	e.g. if a bad football tackle was made this may may you angry and become more aggressive and could cause an injury through bad decisions or a collision
Pressure to win (performer/ coach/ spectators)	When pressure mounts to win it may make you angry or more determined but this can cause you to become more aggressive and maybe go for a ball you might not normally causing a collision or fall
Decision of officials	When decision form umpires of referees don't go your way it can make you angry and make your decision making poor
Performance enhancing drugs	Drugs such as anabolic steroids can cause your mood swings and make you angry so you can cause an injury from side effects and being too aggressive by either punching something or someone or trying to lift to higher weight by over estimating your ability.

Year 11

Intrinsic factors - PRI

Mental Strategies

Mental rehearsal	Where the performer pictures themselves executing a skill and practises the skill in their mind, focusing on the specific stages and correct technique. A trampolinist may mentally rehearse a backward somersault before performing the move.
Imagery	Imagery means using all of your senses (e.g., see, feel, hear, taste, smell) to rehearse your sport in your mind.
Selective attention	Selective attention is the ability to ignore irrelevant sensory information, and pay attention to relevant information. For example in basketball, an athlete must concentrate on the basket while shooting a free throw rather than being distracted by noise from the crowd.

Year 11

Intrinsic factors - PRI

3. Individual variables

Gender	Men tend to be stronger than women and women tend to be more flexible so its important that women don't lift the same weights as men without training and the same for men attempting the splits
Age	As you get older your physical strength decreases and you become more prone to injuries and young adults are not as strong as adults e.g. rugby is played in age groups
Experience	With experience come greater skill level so more difficult technique which can lead to mistakes and injury e.g. in trampolining trying a somersault
Nutrition / hydration	It is important the right nutrients are eaten to recover and replace nutrients used. e.g. protein to build and repair muscle. Water so athletes don't become dehydrated
Sleep	Lack of sleep risk injuries as you will not be focused and your judgement could be impaired so you make bad decisions e.g. when to tackle

Year 11

Intrinsic factors - PRI

3. Individual variables

Weight	Weight can effect injury as higher percentage of fat can means excess pressure on joint and ligaments cause tears
Fitness levels	Fitness levels can means that you are not able to meet the demands of sport or everyday life. A beginner runner could not complete marathon without injury.
Technique / ability	If you use the incorrect technique or try to perform an action above your ability you could get injured e.g. throwing a shot putt instead of pushing it.
Medical conditions	Conditions such as asthmas, diabetes may mean that you have to mange these conditions during sport to ensure you take part safely
Previous / reoccurring injuries	Can increase the risk of injuries occurring again either due to weaknesses or common cause. e.g. over use or a strain from using the wrong technique

Year 11

Warm up components (4 Stages)

1. Pulse raiser	Raising the heart rate	e.g. running, jogging, skipping, swimming
2. Mobility	Moving your joint through a full range of movement (ROM)	e.g. circling arms, ankles or wrist. Hips rotation, leg swings
3. Dynamic stretches	Stretching whilst moving	e.g. lunges, open and closing the gate, leg swings, squats,
4. Skills rehearsal	Practise a skill to be used in the activity	e.g. passing a ball, somersault in trampolining, kicking a conversion in rugby, hitting ball in hockey, dribbling the ball

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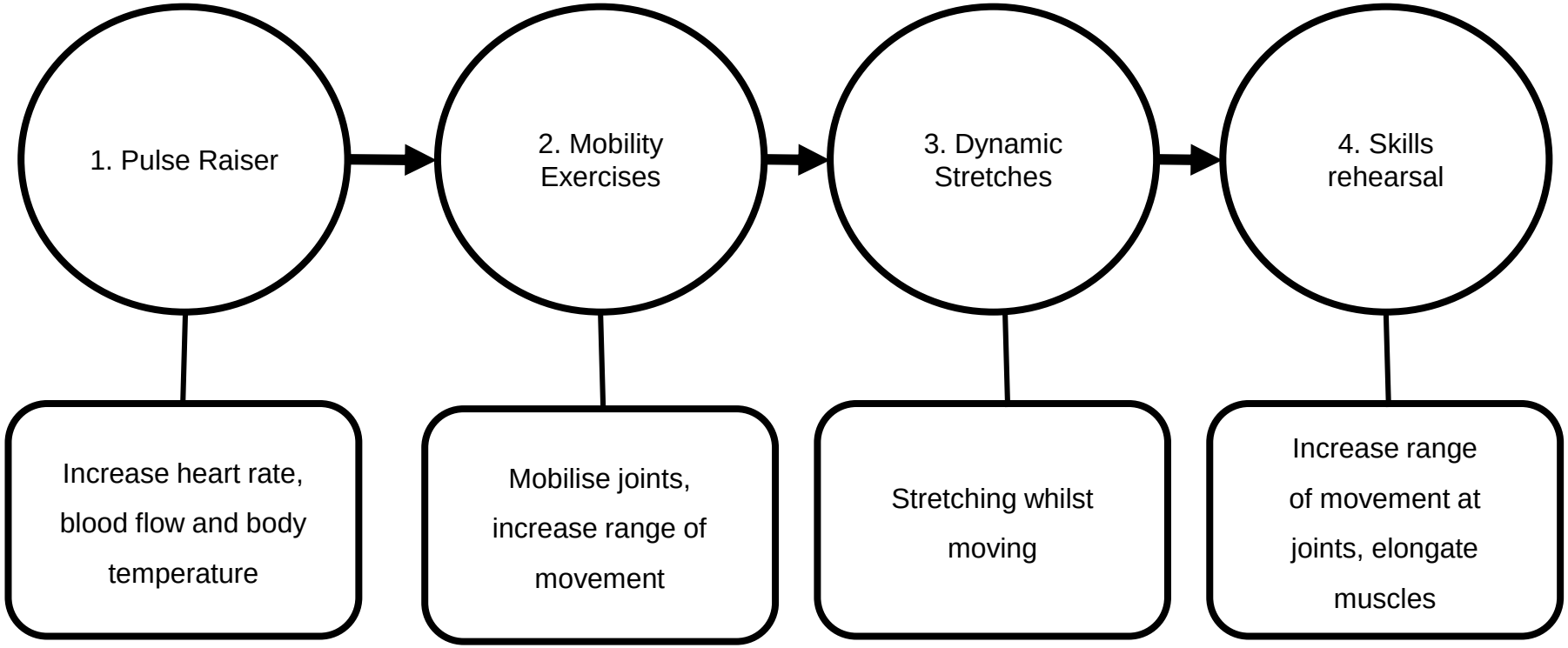
Linking the benefits of each stage of the warm up

The 4 stages of the warm up showing examples of what you might do at each stage.



Year 11

Benefits of a warm up

Physiological

1. Increase muscle temperature
2. Increase heart rate
3. Increase pliability of ligaments and tendons
4. Increase blood flow and oxygen to muscles
5. Increase muscle contraction speed
6. Increase flexibility of muscles and joints

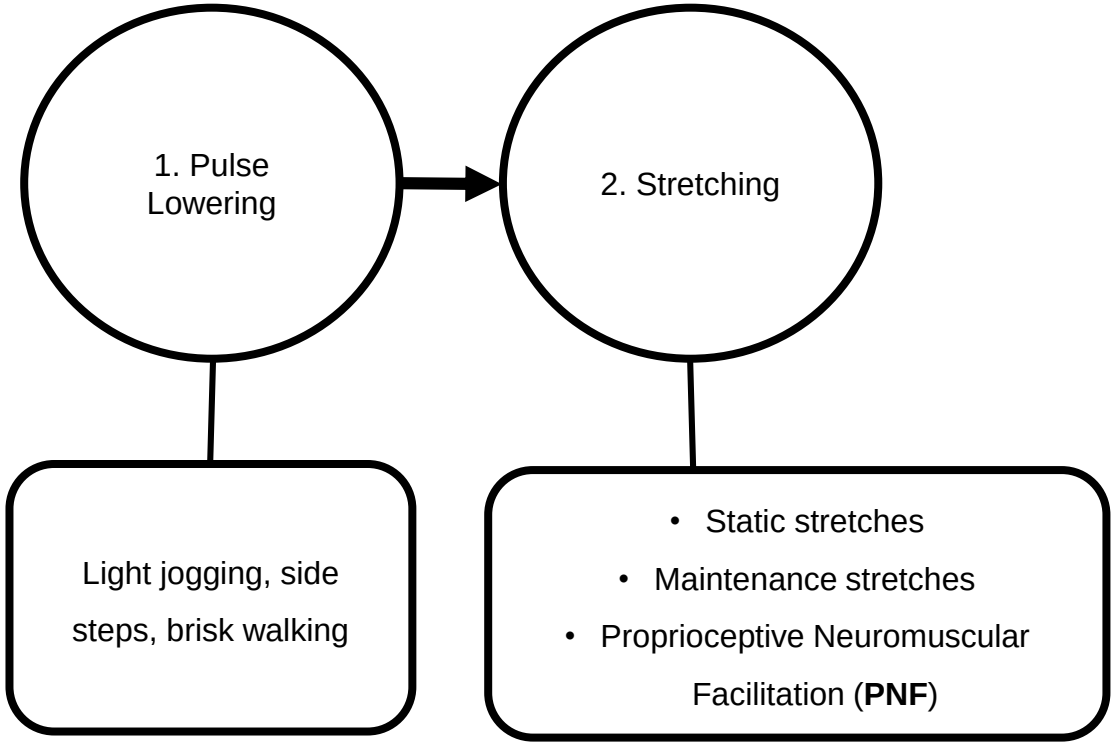
Psychological

1. Heighten or control arousal levels e.g. getting into the zone, settle nerves
2. Increase motivation
3. Mental rehearsal
4. Increase concentration / focus
5. Increase confidence

Year 11

Stages of the cool down with examples

The 2 stages of the cool down showing examples of what you might do at each stage.



Benefits of a cool down

1. Gradually lowers body temperature
2. Gradually lowers heart rate
3. Helps prevents blood pooling
4. Remove waste products such as lactic acid
5. Circulates blood and oxygen
6. Reduces risk of Delayed Onset of Muscle Soreness (DOMS)
7. Gradually reduces breathing rate

Year 11

Stage 2 of the cool down with examples

The 2 stages of the cool down showing examples of what you might do at each stage.

2. Stretching

- Static stretches
- Maintenance stretches
- Proprioceptive Neuromuscular Facilitation (**PNF**)

Stretches

Maintenance stretch

Return you muscles back to normal length e.g. hamstring stretch for a runner holding for 10-15 seconds

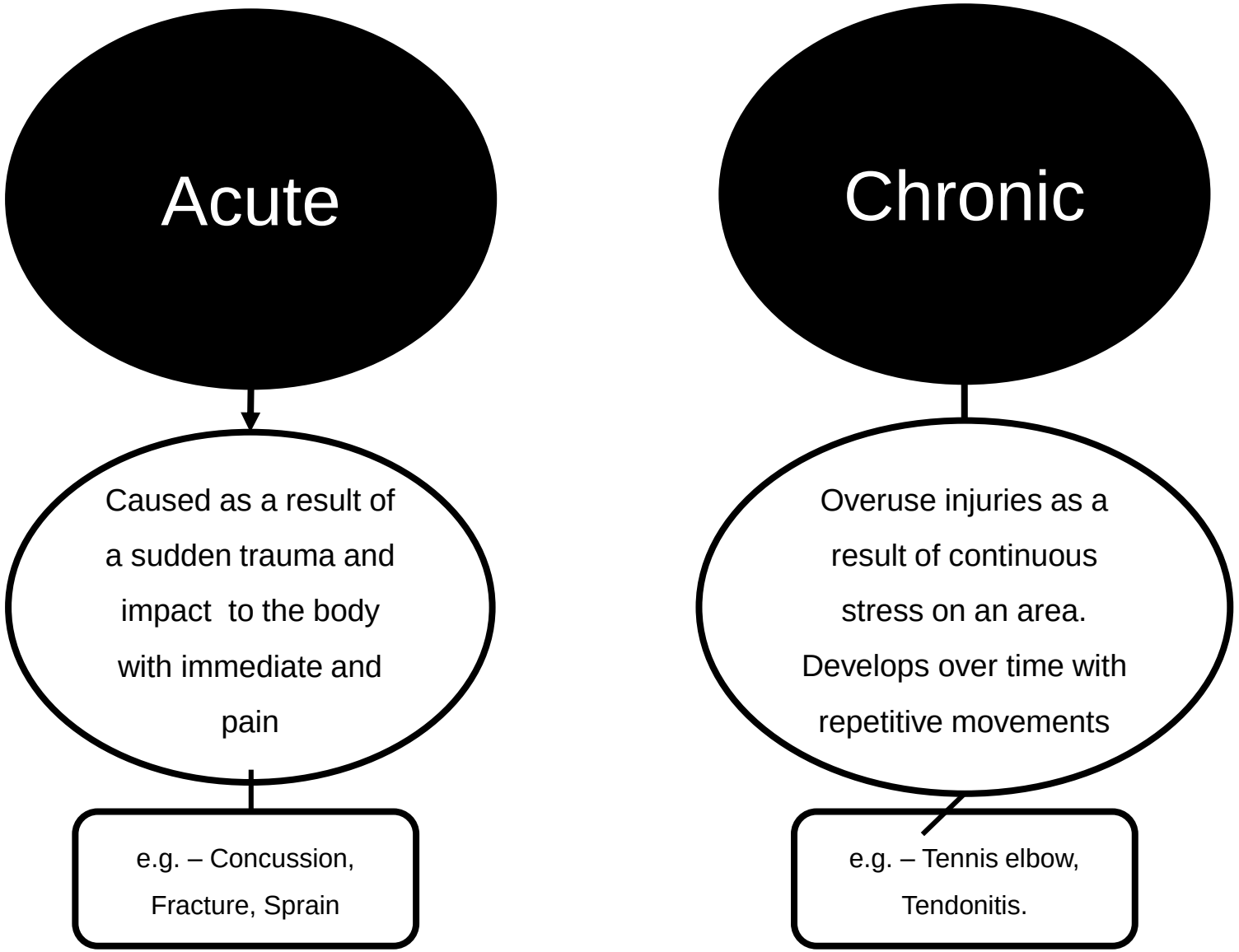
Static stretch

A stretch that is held still e.g. triceps stretch which is held for 20-45 seconds

Proprioceptive neuromuscular facilitation (PNF)

Stretch that increases the range of motion. You stretch a muscle then hold and then apply more force to stretch that muscle further.

Injuries – Acute or Chronic?



Year 11

Acute Injuries (sudden trauma)

Caused as a result of a sudden trauma to the body e.g. hard rugby tackle, being hit by a ball

Results in sudden pain and usually swelling with loss of function from an immediate impact e.g. hitting the floor

Soft Tissue Injuries

Injury	Explanation	Causes	Treatment
Sprain	Tear to ligaments	Uncontrolled movement like slipping twisting, or over stretching	RICE
Sprain	Torn Anterior Cruciate Ligament (ACL)	Suddenly slowing down, changing direction Pivoting with your foot firmly planted. Landing awkwardly from a jump. Stopping suddenly Receiving a direct blow to the knee or having a collision, such as a football tackle	RICE or surgery and rehab depending on severity
Strain	Tear to muscles fibres or tendons	Uncontrolled movement like slipping twisting, or over stretching	RICE

Year 11

Acute Injuries (sudden trauma)

Soft tissue injuries

Injury	Explanation	Causes	Treatment
Abrasion / Grazes	Grazes and cuts	Falling or tripping onto a hard or rough ground, or rubbing against equipment, clothing or the ground	Plaster or bandage
Contusion (bruises)	Bruise	Colliding with another player or piece of equipment, or falling, tackling, or tripping	RICE
Blister	Small bag of fluid under the skin	When skin rub against poorly fitting shoes, or badly fitting socks, or gripping a piece of equipment to tightly – more likely in hot weather due to sweating	Plaster or dressing
Cuts / lacerations	Cut to skin	Fall on the floor, struck by a piece of equipment, struck by someone body part e.g. elbow to the eye	Plaster or dressing and RICE

Year 11

Acute Injuries (sudden trauma)

Hard tissue injuries

Injury	Explanation	Causes	Treatment
Fracture	Open – broken bone comes through the skin Closed – broken bone stays under the skin	Sudden trauma like a sudden fall, bad landing, or impact with another player in a collision or tackle	Hospital treatment and will need sling / plaster cast
Dislocation	Bone comes out of the joint	Sudden trauma like a sudden fall, bad landing, or impact with another player in a collision or tackle	Hospital treatment and maybe sling or splint

Year 11

Acute Injuries (sudden trauma)

Other injuries

Concussion

Is caused by an acute injury but can also be a chronic condition depending on the length or the injury

Possible links to onset of dementia and Alzheimer's as a long term consequence

Causes:

Impact to the head from either a collision or contact with the ground, a person, or a piece of equipment

Symptoms:

Loss of consciousness

Dizziness

Nausea or vomiting

Loss of memory

Loss of balance

Headaches

Treatment:

Medical assistance

Temporary pain relief

May miss physical activity depending on severity e.g. rugby players are not allowed to return to the field after a concussion and may have to miss several games depending on their recovery

Year 11

Chronic Injuries (Overuse)

Also known as overuse injuries and are as a result of continuous stress on an area e.g. Achilles tendon, shin splints or tennis elbow

These injuries tend to develop gradually over a period of time form repetitive movements

Soft Tissue Injuries / Overuse Injuries

Injury	Explanation	Causes	Treatment
Tendonitis			
Achilles	Injury to the tendons at the back of the heel	Overuse that involves pain, restricted movement and maybe some inflammation and swelling. Cant walk if has completely ruptured.	RICE and or hospital treatment
Rotator cuff	Injury to the shoulder joint	Overuse that involves pain, restricted movement and maybe some inflammation and swelling.	RICE and rehab
Patellar	Injury to the knee	Overuse that involves pain, restricted movement and maybe some inflammation and swelling.	RICE and stretching

Year 11

Chronic Injuries (Overuse)

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These injuries tend to develop gradually over a period of time form repetitive movements

Soft Tissue Injuries / Overuse Injuries

Injury	Explanation	Causes	Treatment
Lateral epicondylitis (Tennis elbow)	Injury to the tendons at the elbow	Overuse that involves pain, restricted movement and maybe some inflammation and swelling	RICE
Medial epicondylitis (Golfers elbow)	Injury to the tendons at the elbow	Overuse that involves pain, restricted movement and maybe some inflammation and swelling	RICE
Shin splits	Pain in the shin or front of lower leg	Overuse and usually brought on by exercise involves pain, restricted movement and maybe some inflammation and swelling	RICE
Stress Fracture	Crack in a bone	Continuous overuse of same body part e.g. the shin in a long jump or foot for a marathon runner	RICE and or splint , hospital treatment

Year 11

Safety Checks

Risk assessments

Control measure for the removal of hazards and reduce risk e.g. all equipment is put away, no one is to walk under trampoline or goals and nets are weighted down so they do not fall over

Characteristics of individual / group

Medical conditions, age of group, physical capabilities of group, experience

Size of group

Is the space big enough

Year 11

Strategies to help prevent risk of sports injuries and medical conditions

Medical assessments

Par-Q questionnaire and medical assessments done to ensure participants don’t have any conditions that could cause injuries e.g. Heart conditions

Screening

This is carried out by looking for medical conditions e.g. an ECG done to detect irregular heart beats

National Governing body (NGB) policies

E.G. no heading is to be coached to under 18 in football according the FA

Year 11

Responding to injuries and medical conditions

Action Plan

Organisations have to have an action plan of how to respond to injuries or medical conditions

This is so everyone participant is safe

The action plan is there so that people in charge know what to do in an emergency

Having an action plan reduces the risk of minor injuries becoming more serious

Emergency Action Plan (EAP)

1) Emergency Personnel

First aider, first responder, coach

2) Emergency Communication

Emergency telephone contact information, emergency numbers e.g.999, location of nearest hospital

3) Emergency Equipment

First aid kits, evacuation chair, or inhaler

Responding to injuries and medical conditions

SALTAPS – on field assessment routine

S – See

A – Ask

L – Look

T – Touch

A – Active

P – Passive

S – Strength

See

Ask if anyone saw what happened, stop the activity check the injured person

Ask

Ask the injured player what happened and how they feel, ask them where it hurts and ask them about the injury e.g. what type of pain is it?

Look

Look for signs of the injury such as bleeding, bruising, swelling or deformity, if possible compare the injured limb to the opposite one to look for any differences

Touch

Examine the injured area for pain and tenderness, feel for abnormalities

Active

Can the performer move the limb themselves. Does it hurt to move? Can they manage non-weight-bearing movement?

Passive

Can you move the limb/joint through the full range of movement noting the injured person’s reaction

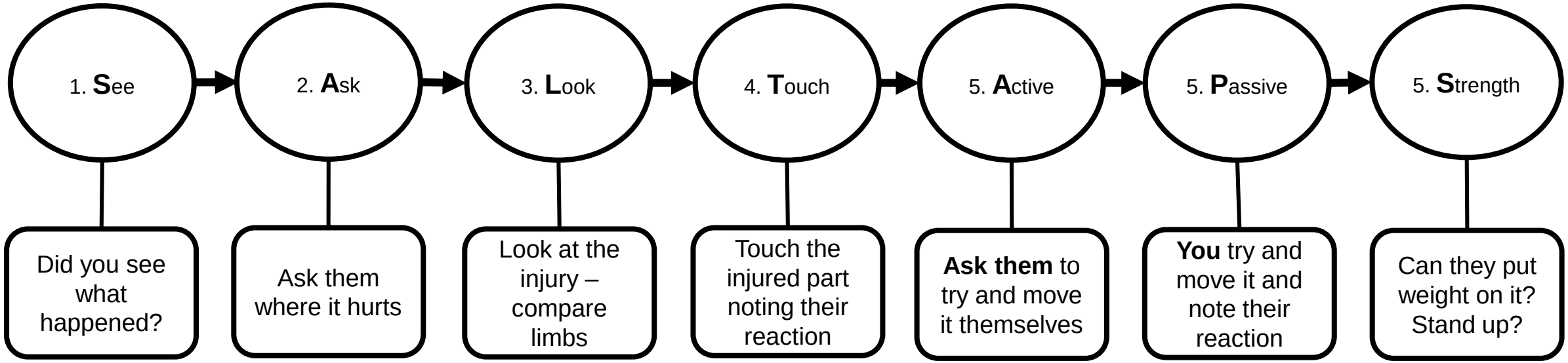
Strength

Can the performer support their own weight? Are they able to get up following they injury? Can they play on?

Year 11

Responding to injuries and medical conditions

SALTAPS – on field assessment routine in action



Responding to injuries and medical conditions

DRABC

D – Danger

R – Response

A – Airway

B – Breathing

C – Circulation

Danger

Ensure the area is safe for yourself, others and the patient

Response

Check for a response by asking their name, squeeze shoulders

Airway

Open mouth – clear airway and place in the recovery position

Breathing

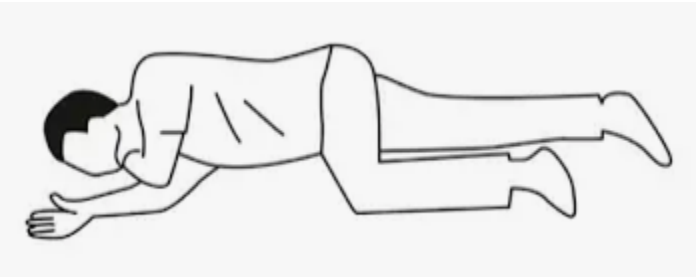
Check for breathing – look, listen, feel – if not breathing CPR should be given

Circulation

Check for bleeding

Recovery position

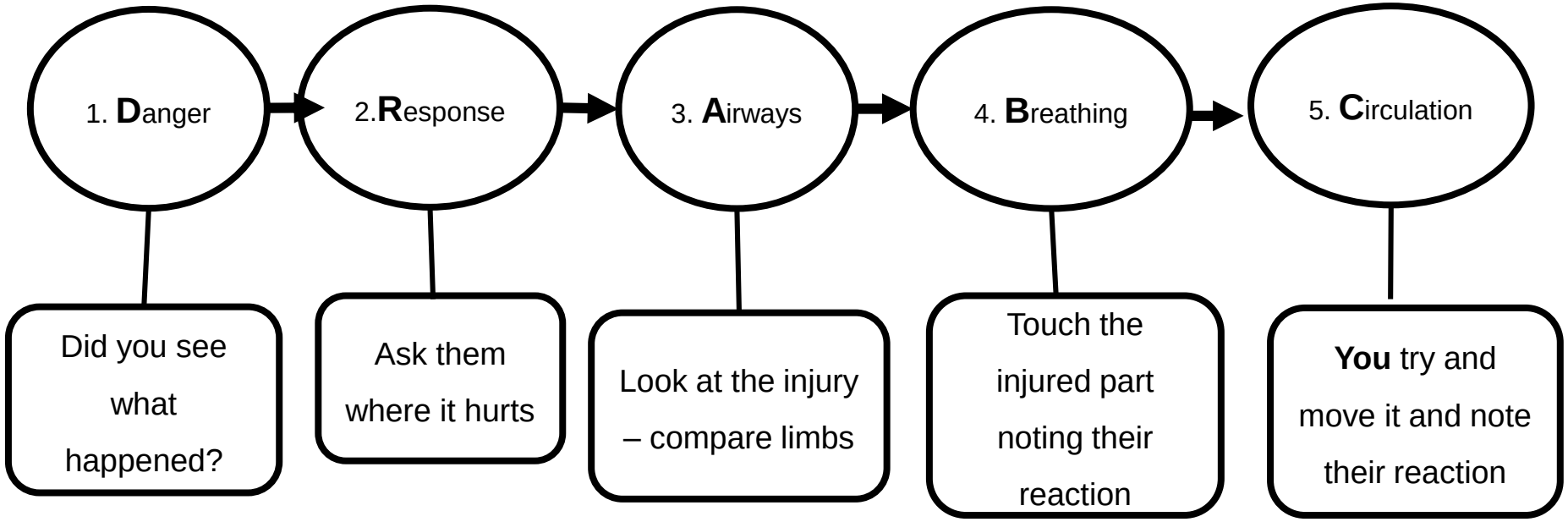
Performers who are breathing and have no other life-threatening conditions



Year 11

Responding to injuries and medical conditions

DRABC



Year 11

Responding to injuries and medical conditions

PRICE

For acute injuries, soft tissue injuries and treatment straight away

P – Protection

Protect the injury form further damage

R – Rest

Stop the activity and stop using the injured part and try and keep their weight of it

I – Ice

Ice should be applied to reduce swelling and pain

C – Compression

Bandage the injured part to reduce swelling and help support the injured area

E – Elevation

Keep the injured limb above the level of the heart to reduce blood flow to the injured area to help reduce swelling

Year 11

Responding to injuries and medical conditions

X-Ray

To look at bones and joints for any abnormalities (injuries) e.g. suspected fractures and dislocations

Treatments

1. **Massage**
2. **Ultrasound**
3. **Electrotherapy**
4. **Hydrotherapy**
5. **Cryotherapy**
6. **Contrast therapy**
7. **Pain killers**
   - **Ibuprofen**
8. **Support**
   - **Kinesiology taping / neoprene / bandaging**
9. **Immobilisation**
   - **Cast / splint / sling**

Year 11

Responding to injuries and medical conditions

Treatments

Treatment	Explanation	Injuries treated
Massage	Increase blood flow to the area and release tension in muscles	Increase blood flow to the area and release tension in muscles
Ultrasound	Decreases muscles spasm and tightness and promotes healing tissue	Decreases muscles spasm and tightness and promotes healing tissue
Electrotherapy	Controlled electrical stimulation that is targeted	Controlled electrical stimulation that is targeted
Hydrotherapy	Exercise in the water to take weight of the body	Exercise in the water to take weight of the body
Cryotherapy	Ice is applied to the injury to reduce blood flow so reduce swelling	Ice is applied to the injury to reduce blood flow so reduce swelling

Year 11

Responding to injuries and medical conditions

Treatments

Treatment	Explanation	Injuries treated
Pain Killers e.g., Ibuprofen	Reduces the feeling of pain, and swelling.	Any injury
Support e.g., Kinesiology taping Neoprene Bandaging	Reduces movement, Stabilises, reduces swelling, and allows injured area to move with support Tape that sticks to skin Adjustable strapping secured usually by Velcro Strapping using bandage	Soft tissue injuries Torn tendons or ligament Strain or sprains Stress fractures Minor broken bones e.g., fingers
Immobilisation e.g., Cast Splint Sling	Keeping the injured are protected by not allowing movement Plaster is used to keep injury protected and still Hard cover that provides support and protection Hold injured joint to take pressure of injured area, elevate injured area to reduce swelling	Fractures, dislocations, shin splints, sprains

Year 11

Physiological responses to injuries and medical conditions

Anger

Frustration

Depression

Anxiety

Isolation

Irritations'

Lack of motivation

Disengagement

Denial

Stress

Aggression

Lack of confidence

Worry

Year 11

Common medical condition- Asthma

Asthma

Common lung condition

Breathing difficulties

Affects all ages

Can develop over time

Causes / Triggers

Environment

Pollen or dust mites

Pollution such as smoke, chemical fumes, aerosols

Infections e.g. common cold

Cold air

Exercise

Breathing in cooler air due to running

Drier air being breathed in due to exercise

Pollen outside if exercising outside

Year 11

Common medical condition- Asthma

Symptoms

Coughing

Wheezing

Shortness of breath

Tightness of chest

Whistling or squeaky sound in your chest when you breathe

Treatment

Reassurance

Inhaler / nebuliser

Keeping them calm

Emergency services if needed and the asthma attacks continues, or the patient gets worse

Asthma attacks

Unable to talk

Frequent coughing

Whistling or wheezing when breathing

Shortness of breathe

Year 11

Common medical conditions - Diabetes

Type 1 diabetes

Insulin dependant as you are unable to make insulin to lower blood sugar levels so insulin is injected

Type 2 diabetes

Non-insulin dependant as you either cannot produce enough insulin or your insulin does not work effectively. Controlled through diet and medication usually develops with older age and associated with being overweight through lifestyle.

Symptoms

Increased thirst

Going to the toilet lots

Extreme tiredness

Weight loss

Prone to infections

Cuts and wounds take longer to heal

Year 11

Common medical conditions - Diabetes

Age

Type 1 diabetes

Occurs in children and young adults but can occur at any age.

Type 2 diabetes

Develop at any age but mostly occurs in middle aged and older people

Lifestyle

Type 1 diabetes

Caused by genes and it is through viruses

Type 2 diabetes

Physical inactivity, high blood pressure, family history or being overweight or obese

Treatment

Insulin or glucose

Emergency services if patient becomes unconscious

Medication if they have some

Lifestyle change

Diet

Exercise

Year 11

Common medical conditions – Monitoring

Hypoglycaemia

A person's blood sugar level is too low (hypo)

This person needs to eat or drink something sweet or sugary to rise levels

Hyperglycaemia

A person's blood sugar level is too high

This person needs to take medication to lower insulin levels.

Monitoring

Test the blood by taking a small blood sample. This involves pricking the finger and putting the sample into a machine called a blood glucose monitor and it reads the blood sugar levels

Or

A blood glucose monitor ism placed under the skin to continually measures the blood sugar levels automatically.

Year 11

Common medical conditions- Epilepsy

Condition of the nervous system in which brain activity becomes abnormal

Symptoms

Symptoms effect different parts of the body eyes, mouth and limbs

Seizures

Periods of unusual behaviour and sensations

Loss of awareness

Eyes – staring blankly and fluttering

Mouth – biting tongue and random noises

Limbs – stiffness and jerking movements

Seizure symptoms can include:

Staring blankly and loosing awareness

Repeatedly shaking their arms and legs

Unconsciousness and not remembering

Lose of control of your bowel or bladder

Falling down and muscle stiffness

Strange sensations such a rising feeling in the tummy and unusual taste, smells and tingling feelings

Year 11

Common medical conditions- Epilepsy

Common causes and triggers

Severe head injuries – stroke, brain tum our or lack of oxygen at birth

Anxiety / stress – increased through situations such as exam stress

Tiredness / lack of sleep – fatigue causes weakness or exhaustion

Treatment

Anti – epileptic drugs (AEDs)

Ketogenic diet

Emergency Care Plan

Call 999 if seizure lasts more than 5 minutes or is a first seizure

Year 11

Common medical conditions- Sudden Cardiac Arrest (SCA)

Common causes

Underlying genetic heart conditions

Intense physical activity

Sudden trauma

Symptoms

Unconscious

Breathing difficulties

Treatment

Defibrillators – a machine that send sends an electric shock to re

-start the heart

Lifestyle changes – not smoking , maintaining a healthy eight and

only drinking alcohol in moderation

Year 11

Other medical conditions - Hypothermia

Causes

Body temperature below 35 degrees

Prolonged exposure to cold / wet conditions

Symptoms

Shivering

Blue lips / skin

Slurred speech

Tiredness / confusion

Slow breathing

Treatment

Remove wet clothing / wrap in blankets and cover head

Give a warm and sugary non – alcoholic drink

Year 11

Other medical conditions - Heat Exhaustion

Causes

Body temperature of 38 degrees or above

Strenuous physical activity

Not enough water intake

Symptoms

Excessive sweating

Headaches / dizziness

Being very thirsty

Feeling or being sick

Rapid pulse and / or breathing

Treatment

Move to a cool place / cool the skin

Get them to drink plenty of water

Year 11

Other medical conditions - Dehydration

Causes

Loss of bodily fluids

Symptoms

Feeling thirsty

Fatigue

Dark yellow urine and infrequent urination

Dry mouth / lips

Treatment

Drink plenty of water

Rehydration sachets