

Step-by-step wound care guidelines

Step 1:



Stop bleeding by applying direct pressure to the wound. Wear gloves or use gauze pads as a barrier to prevent spread of germs from your hands to the open wound.

Step 2:



Wash with large amounts of clean water to rinse out dirt and grass.

Use tap water or water from an un-opened bottle. Do not use water from shared water bottles

Step 3:



Use a gauze pad to wipe away dirt from the wound using firm strokes.

Step 4:



Dry the wound gently with a clean gauze pad

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Step 5:



Apply a clean gauze pad so that it completely covers the wound. If the player will return to play, bandage the gauze pad in place using the cohesive bandage. Cover the gauze pad completely with the bandage.

Step 6:



Take care not to apply the bandage too tightly. Secure the ends of the cohesive bandage with PVC tape to prevent the bandage from coming undone during further play.

Step 7:



Note:
Until completely healed, all wounds should be covered with gauze and cohesive bandage during training and play.

Step 8:



If the player will not return to play, the wound can be washed with water or during showering, dried and covered with a simple non-stick dressing.