Seasonal Sports

Sports injuries are synonymous with lack of experience and conditioning

- Stretch before and after game play
  - Warm up before
  - Cool down after
- Don’t play if you are in pain
- Play within your capabilities
  - Example: If you’re not familiar with how to ice skate, it is not advisable to participate in a competitive game of ice hockey
Seasonal Sports

Hydrate, hydrate, hydrate!
• Dehydration leads to many physical complications

Dress for the occasion
• It’s easy to overheat if you are overdressed for playing sports
• It’s also easy to freeze if you are underdressed
• Dress in layers and sport specific fabrics

Reported Football injuries SEP12-FEB18
Ice Skating

- Wear skates that fit comfortably and provide enough ankle support
- Skate **ONLY** on specially prepared skating areas where you are sure the ice is strong enough to withstand your weight
  - Always check for cracks, holes, and other debris
- Before starting, learn basic skating skills
  - How to stop and fall safely
- Wear warm clothing
  - Layer to prevent over-heating
- Rest when you become tired or cold
- Never skate alone
Sledding and Tobogganing

The National Safety Council offers these guidelines for safe and fun sledding and tobogganing:

• Keep all equipment in good condition
  • Broken parts, sharp edges, cracks, and split wood invite injuries.

• Dress warmly enough for conditions

• Sled on spacious, gently sloping hills which have a level run-off at the end so that the sled can safely come to a stop. Avoid steep slopes and slopes located near streets and roadways

• Check slopes for bare spots, holes, and other obstructions which might cause injury
The National Safety Council offers these guidelines for safe and fun sledding and tobogganing:

- Make sure the sledding path does not cross traffic and is free from hazards such as large trees, fences, rocks or telephone poles
- Do not sled on or around frozen lakes, streams or ponds
- The proper position for sledding is to sit or lay on your back on the top of the sled, with your feet pointing downhill.
  - Sledding head first increases the risk of head injury and should be avoided
Skiing and Snowboarding

- Skiing and Snowboarding requires physical and mental readiness.
- Have situational awareness, slopes are fast moving chaotic zones.

- Always wear sun protection
- Wear eye protection and protective head gear
- Dress in layers, wear hat, gloves and insulating socks

- Participate at your skill level
- Don’t ride on slopes too steep
- Stop if you are tired
- Wear proper fitting equipment and gear, make sure everything is adjusted to fit you
<table>
<thead>
<tr>
<th>Type of injury</th>
<th>Symptoms</th>
<th>Treatments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Concussion</td>
<td>• Blurred vision&lt;br&gt;• Swelling&lt;br&gt;• Dizziness and nausea&lt;br&gt;• Confusion&lt;br&gt;• Memory loss</td>
<td>Seek medical assistance immediately, diagnosed with a neurological exam&lt;br&gt;• Rest&lt;br&gt;• Limit activity, avoid physical exertion&lt;br&gt;• Take breaks</td>
</tr>
<tr>
<td>Joint Dislocation</td>
<td>Affects shoulders, elbows, fingers, ankles, hips and jaw to name a few.</td>
<td>Doctors visit, X-ray with possible MRI&lt;br&gt;• Resetting of the joint&lt;br&gt;• Immobilizing affected area, splint, sling or cast&lt;br&gt;• possible surgery&lt;br&gt;• rehabilitation/physical therapy</td>
</tr>
<tr>
<td>Spinal injury</td>
<td>• Loss of feeling in hands or feet&lt;br&gt;• Extreme pain or pressure in neck or back&lt;br&gt;• Loss of bowel/bladder control&lt;br&gt;• Spasms&lt;br&gt;• Pain/stinging sensation along the spine&lt;br&gt;• Difficulty breathing, coughing</td>
<td>Seek medical assistance immediately&lt;br&gt;• Keep the person still, do not move injured person&lt;br&gt;• Prevent head/neck movement&lt;br&gt;• Spinal injuries can lead to partial or total paralysis</td>
</tr>
<tr>
<td>Broken Bones/Sprain</td>
<td>• Throbbing pain&lt;br&gt;• Swelling&lt;br&gt;• Bruising&lt;br&gt;• Tenderness&lt;br&gt;• Skin rupture&lt;br&gt;• Difficulty with normal movement</td>
<td>Doctor visit, X-ray&lt;br&gt;• Immobilize affected area, splint or cast&lt;br&gt;• Apply cold compress to reduce swelling&lt;br&gt;• Pain relievers&lt;br&gt;• Rehabilitation/physical therapy</td>
</tr>
<tr>
<td>Cuts, Scrapes, and Bruises</td>
<td>• Discolored skin&lt;br&gt;• Redness and swelling&lt;br&gt;• Tenderness to the touch</td>
<td>• Stop any bleeding by applying pressure&lt;br&gt;• Clean affected area with mild soap and water&lt;br&gt;• Apply antibiotic&lt;br&gt;• Dress with clean and dry bandages</td>
</tr>
</tbody>
</table>
Frostbite occurs commonly on your extremities
- Fingers, toes, cheeks, nose, and ears

Symptoms of frostbite
- Cold skin prickling feeling
- Numbness
- Red, white, grayish colored skin
- Hard and waxy looking skin
- Loss of dexterity
- Blistering after being warmed up

Prevention
- Wear appropriate insulating layers
  - Hats, gloves, and scarves
- Limit the duration of exposure
- Seek warmth at the first signs of frostbite
When your core body temperature falls suddenly below its normal level of 98.6 degrees Fahrenheit, you are hypothermic.

All it takes is wet clothes and a brisk breeze.

Other factors can contribute, such as if you are hungry, tired, or have been consuming alcohol.

Skiers, hikers, and fishermen are at risk, and this condition can occur unexpectedly, even on days when the temperature is 60 degrees.

• To avoid hypothermia:
  • Wear clothes that are made of wool and are windproof. In spite of advances in synthetic fibers, wool is still a superior insulator.
  • Wear loose garments that don't restrict your circulation.
  • Layers of light clothing are better than a heavy layer.
  • If you get wet, change into dry clothes as soon as possible.
  • Keep your hands, head, and feet covered— that's where your body loses the most heat.
Hypothermia

Those who have mild hypothermia often shiver uncontrollably and appear clumsy.

Persons with hypothermia slur their speech, appear dazed, and act irrationally. Sometimes they don't feel cold.

Victims of severe hypothermia have dilated pupils, pale skin, and a slow pulse.

To treat someone for hypothermia, gradually warm their body. Get them out of wet or cold clothing and wrap them in layers of dry, warm clothing. Give them something warm to drink (avoid alcohol and caffeine).

Don't move the victim unless staying put is even more risky or dangerous.

Pay attention to the forecast winds as well as the temperature when deciding what to wear.

You may not be aware of the condition and others may not notice until your core body temperature has dropped dangerously low.
Hunting Safety

Firearms

• Take a firearms safety course
• Keep firearm unloaded and in its case until you reach the hunting area
• Assume every firearm is loaded
• Keep the barrel clear
• Use the right ammunition
• Keep the safety on until ready to shoot
• Know what is on the other side of your target
• Do not engage in horse play with weapons
• Do not participate while under the influence of alcohol
Hunting Safety

Do not go hunting without an understanding of:

• State laws and licensing
• Proper handling and storage
• Animal confrontation
  • What to do if you encounter large game
• Wildlife conservation
• Habitat management
• First aid
• Basic understanding of outdoor survival (orienteering, fire starting)

Risks to Consider:
- Falls from tree stands
- Slips and trips
- Burns from fires
- Fire arm malfunctions
- Dehydration
- Vehicle injuries
Cold Weather Hiking

Check weather conditions prior to heading out
• Reduced visibility, changing temperature, and precipitation are important factors to consider

Dress accordingly
• Layer clothing to prevent overheating
• Proper insulating and waterproof footwear is key to preventing cold induced injuries
• Bring waterproof or wind breaking outer garments

Leave a written plan of your route, schedule and campsite with a responsible friend
• Follow your plan, and let them know when you return

Never hike alone
• If you get lost, don't worry. If someone is going to report you missing, then most experts stress the three "stays":
  • stay dry, stay warm, and stay put
• If you have to find your way out of the woods, follow a stream downhill
Cold Weather Hiking

Essential Safety Items to Carry

- Topographic Map
- Compass
- Flashlight or lamp
- Whistle
- First aid kit
- Multipurpose tool
- Dry change of clothes
- Hand or foot warmers
- Emergency rations or snacks
- Water or water filter
- Fire starters
Outdoor Fire Safety

Dry seasons are common in many parts of the United States during this time of year. Beware of simple mistakes that can lead to catastrophic outcomes. The most recent wild fire, ‘Camp,’ was the deadliest fire in California State history. The following are more examples...
Real Life Wildfires

Old Fire in San Bernardino, California

On Aug. 15, 2012, a jury convicted the accused arsonist on five counts of first-degree murder and two counts of arson in connection with setting the Fire. The Old Fire was set on Oct. 25, 2003 in the San Bernardino Mountains. It burned 91,281 acres and destroyed more than 900 homes over a nine-day period. The total cost of damage was estimated at $1.2 billion.

- The suspect started the fire by throwing a lit flare from a vehicle. The five people died from heart attacks due to the stress of the fire and the loss of their homes.
- In January 2013, nearly a decade after the fire, the convicted arsonist was sentenced to death.

Esperanza Fire in Cabazon, California

The October 2006 Santa Ana wind-driven Esperanza Fire burned more than 40,000 acres and destroyed 34 houses and 20 outbuildings before it was contained. It resulted in the deaths of five USFS firefighters. The damage the fire caused was estimated at more than $9 million.

- The suspect, from nearby Beaumont, used a combination of matches and cigarettes to start a fire in Cabazon at the base of the San Jacinto Mountains and used a slingshot to launch incendiary devices into the brush.
- He was convicted on March 6, 2009 of five counts of first-degree murder, 20 counts of arson, and 17 counts of using an incendiary device and was sentenced to death.
Keep a safe distance from the fire
• Do not light a fire downwind or near flammable materials
• Pay attention to the type of clothing you are wearing, because synthetic fabrics melt

If necessary, only use lighter fluid to start a fire
• Never use other accelerants such as gasoline
• Never squirt flammable liquid into a fire

Burning anything but firewood could release toxic gases
• Do not throw glass bottles, cans, or trash into a fire

Familiarize yourself with local and regional outdoor fire regulations
Extinguishing a fire properly is key to avoiding serious hazards

• Douse fire with water
• Spread hot coals apart and cover pit with sand or dirt
  • do not kick dirt or sand into pit

Ensure the fire is completely out before leaving area

Legal consequences of wildfire accidents

• Conviction of arson or murder (if there are casualties caused by the fire)
• Jail time or even death sentence (per state)
• Paying Legal fees and restitution

Pay attention to weather conditions and seasons, especially if the area has been dry or windy

Outdoor Fire Safety
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