

SALTAPS method of assessing sports injuries

S: STOP play. If the player has gone down injured get there as quickly as you can. (Check with the referee beforehand the rules regarding access).

A: ASK the player (unless unconscious) what happened. Remember, as detailed a history as possible will be important. Be aware of facial expression, posture adopted etc as this may indicate the degree of pain (and hence the severity of injury). Is the player talking sensibly?

L: LOOK at the specific limb. Be vigilant for obvious signs e.g. bleeding, discolouration / bruising, immediate swelling, bone / joint deformity, muscle spasm.

T: TOUCH the injury site only if the athlete will let you. (Again this can indicate just how serious the injury may be.) Palpate gently to find the site of pain – note the athlete's response. Do not be sadistic in your handling.

A: ACTIVE movement: can the athlete move the limb painlessly through the full range of movement?

P: PASSIVE movement: Only if 'A' above applies attempt to move the joint to the end of its range and note the response.

S: STAND-UP and Play-on: Can the player resume immediately or are they trying to 'run-it-off'. In both instances keep a close eye on them to make sure they recover fully and quickly. Be prepared to replace them.

MADDOCKS Questions

Used for assessing memory function *as part of the Pocket Concussion Recognition Tool*

Ask the athlete - *"I am going to ask you a few questions, please listen carefully and give your best answer"*

ADULT

- What venue are we at today?
- Which half is it now?
- Who scored last in the match?
- What team did you play last week/ game?
- Did your team win the last game?

CHILD

- What venue are we at now/today?
- Is it before or after lunch?
- What team are you playing now?
- What is your coaches/teachers name?

RECOGNISE

REMOVE

RECOVER

RETURN