



PE.PT12 Treating Sporting Injuries: The RICE Method and Immediate Care

AQA 8582 · Calculators not allowed · about 40 minutes

Total Marks

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Name: _____ Date: ____ / ____ / ____

Answer all questions. Write full sentences for questions worth 3 marks or more. Aim to complete the pack in 40 minutes.

- 1** In the context of immediate care after a sprained ankle during a five-a-side football match, which one of the following lists the four stages of the RICE method in the correct order?

- ☐ A) Rest, Ice, Compression, Elevation
- ☐ B) Ice, Rest, Elevation, Compression
- ☐ C) Compression, Rest, Ice, Elevation
- ☐ D) Elevation, Compression, Ice, Rest

(Total for Question 1 is 1 mark)

- 2** State the 'Rest' stage of RICE as it should be applied immediately after a player twists an ankle in a five-a-side match.

(Total for Question 2 is 1 mark)

- 3** State the 'Ice' stage of RICE as used immediately on a strained hamstring during a training drill.

(Total for Question 3 is 1 mark)

- 4** State the 'Compression' stage of RICE as it would be applied to a swollen wrist after a collision in a basketball game.

(Total for Question 4 is 1 mark)

- 5** State the 'Elevation' stage of RICE to be used immediately after a player sprains their ankle attempting to volley a ball.

(Total for Question 5 is 1 mark)

- 6** Match each RICE stage to its immediate purpose in limiting swelling and further damage after a twisted ankle during a five-a-side match. Provide one short purpose for each stage.
- (a) Rest: give the immediate purpose for resting the injured ankle on the sideline. (1)
 - (b) Ice: give the immediate purpose for applying a cold pack to the ankle. (1)
 - (c) Compression: give the immediate purpose for using an elastic wrap on the ankle. (1)
 - (d) Elevation: give the immediate purpose for raising the ankle above heart level. (1)

(Total for Question 6 is 4 marks)

- 7** Describe the immediate first-aid steps a responsible player should take if an opposing player falls and appears to have twisted their ankle during a five-a-side match. Give the steps in the order you would perform them.

(Total for Question 7 is 3 marks)

- 8** Identify the immediate first priority for a teammate who finds a player lying on the pitch and not moving after a head collision during a training match.

(Total for Question 8 is 1 mark)

9 A player has a suspected broken collarbone after a collision. Describe two immediate actions that should be taken to protect the casualty before qualified medical help arrives.

(a) Action 1 (1)

(b) Action 2 (1)

(Total for Question 9 is 2 marks)

10 Explain why you should avoid applying ice directly to the skin of an injured thigh muscle, and state the correct way to apply cold therapy immediately after a strain.

(Total for Question 10 is 2 marks)

11 State one reason why early application of compression after a soft tissue injury helps reduce swelling.

(Total for Question 11 is 1 mark)

12 A player complains of persistent tingling in their foot after a badly twisted ankle. Describe two immediate concerns this symptom raises and a simple action to take for each concern.

(a) Concern 1 and action (1)

(b) Concern 2 and action (1)

(Total for Question 12 is 2 marks)

13 Identify two things you should do to avoid making a suspected fracture worse immediately after a collision on the rugby pitch.

(a) Thing 1 (1)

(b) Thing 2 (1)

(Total for Question 13 is 2 marks)

14 State one limitation of RICE when used on a severe open wound or compound fracture on the field.

(Total for Question 14 is 1 mark)

15 Explain, using examples from a soft-tissue sporting injury such as a sprained ankle, why prompt application of the RICE method can improve recovery time and short-term outcome. You should include at least two linked reasons and make a short judgement about how RICE interacts with later professional treatment.

(Total for Question 15 is 6 marks)

Mark scheme · PE.PT12 Treating Sporting Injuries: The RICE Method and Immediate Care

Question 1

- **B1 A**
- **Answer: A (Rest, Ice, Compression, Elevation)**

Question 2

- **B1** stop activity and avoid putting weight on the injured limb
- **Answer: Stop activity and avoid putting weight on the injured limb, keeping the area still.**

Question 3

- **B1** apply a cold pack or ice wrapped in a cloth to the injury for short periods
- **Answer: Apply a cold pack or ice wrapped in a cloth to the injured area for short periods to reduce pain and swelling.**

Question 4

- **B1** use an elastic bandage to apply firm but comfortable pressure around the injury to limit swelling
- **Answer: Apply an elastic bandage or wrap to provide firm but comfortable pressure around the wrist to limit swelling.**

Question 5

- **B1** raise the injured limb above heart level when possible to reduce swelling
- **Answer: Raise the injured limb above heart level where possible to help reduce swelling.**

Question 6

- (a) **B1** prevents further tissue damage and reduces blood flow to the area
- (a) **Answer: To prevent further damage and reduce stress and blood flow to the injured tissues.**
- (b) **B1** reduces pain and causes vasoconstriction which limits swelling
- (b) **Answer: To reduce pain and cause vasoconstriction that limits swelling.**
- (c) **B1** applies pressure to reduce fluid build-up and swelling
- (c) **Answer: To apply pressure that reduces fluid accumulation and swelling.**
- (d) **B1** uses gravity to help venous return and reduce swelling
- (d) **Answer: To use gravity to help venous drainage and reduce swelling.**

Question 7

- **B1** stop play and ensure scene is safe, checking no further danger to casualty or others
- **B1** check the casualty for serious signs and ask what happened and where pain is
- **B1** rest the injured limb, apply ice wrapped in cloth, use compression if available and elevate the limb
- **Answer: Stop play and make the area safe, check the casualty for danger and ask where it hurts; rest the injured ankle and prevent weight bearing; apply ice wrapped in a cloth, use compression if available, and elevate the limb when possible.**

Question 8

- **B1** check responsiveness and call for emergency help if unresponsive
- **Answer: Check responsiveness and call for emergency help if the player is unresponsive.**

Question 9

- (a) **B1** immobilise the area and support the arm in a sling to avoid movement
- (a) **Answer: Immobilise and support the injured arm in a sling to avoid movement of the collarbone.**
- (b) **B1** monitor breathing and circulation and call for medical help if signs of shock or worsening condition
- (b) **Answer: Monitor breathing and circulation and call for medical help if there are signs of shock or deterioration.**

Question 10

- **B1** direct ice can cause skin damage/frostbite or further tissue injury
- **B1** use a cold pack or ice wrapped in a cloth and apply for short periods with breaks
- **Answer: Direct ice can cause skin damage or frostbite; use a cold pack or ice wrapped in a cloth and apply it for short periods with breaks to reduce swelling safely.**

Question 11

- **B1** it limits space for fluid to accumulate, reducing oedema
- **Answer: It limits the space available for fluid to accumulate, reducing oedema.**

Question 12

- (a) **B1** possible nerve injury, so immobilise and seek medical assessment
- (a) **Answer: Possible nerve injury, so immobilise the limb and arrange medical assessment.**
- (b) **B1** possible circulation compromise, so check pulses and capillary refill and call for help if reduced
- (b) **Answer: Possible circulation compromise, so check distal pulses and capillary refill and call for help if circulation seems reduced.**

Question 13

- (a) **B1** do not move the injured limb unnecessarily
- (a) **Answer: Do not move the injured limb unnecessarily.**
- (b) **B1** immobilise the area and call for qualified medical help
- (b) **Answer: Immobilise the area in the position found and call for qualified medical help.**

Question 14

- **B1** RICE is not suitable because it does not treat bleeding or protect exposed bone, and professional emergency care is needed
- **Answer: RICE is not suitable because it does not control heavy bleeding or manage exposed bone; emergency professional care is required.**

Question 15

- **Level 3** (5-6): A clear explanation that links at least two effects of prompt RICE application to improved recovery, uses a named example such as a sprained ankle, and includes a supported judgement about how RICE aids or does not replace later professional treatment.
- **Level 2** (3-4): A reasonable explanation that describes one or two ways RICE reduces swelling or pain with some application to a sprain, and a limited judgement about later care.
- **Level 1** (1-2): One or two simple points about RICE reducing swelling or pain with little or no application to a sporting example and no clear judgement.
- **Level 0** (0): No relevant content.
- **Indicative content:**
 - Prompt rest prevents further tearing or weight-bearing that would increase damage to ligaments in a sprained ankle, reducing the initial severity of injury.
 - Ice causes local vasoconstriction and reduces metabolic demand in the tissue, limiting immediate bleeding and fluid leakage that would increase swelling and pain, which helps maintain range of motion sooner.
 - Compression limits the space for swelling, reducing oedema and reducing pressure on pain receptors and structures, which can lower pain and allow earlier gentle mobilisation.
 - Elevation uses gravity to assist venous and lymphatic drainage, reducing fluid accumulation and helping control inflammation in the first 48 hours.
 - Combining these effects reduces early inflammation and pain, which can prevent secondary complications such as excessive scar tissue or prolonged loss of function, aiding quicker progress to rehabilitation.
 - A balanced judgement may note that RICE helps create better conditions for later professional assessment and physiotherapy, but does not replace imaging or specialist treatment when structural damage is severe.