



Strain or sprain



Role play cards: **Strain or sprain**

What's happening?

A group of young people are at an outdoor activity park. Today, they are taking on the park's obstacle course. It's been raining and the course is slippery in places.

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Ideas for staging

- Use chairs to create the visitor centre.

Roles

- Below are a range of roles - in small groups, each choose a character to play. Ensure each person in the group has a chance to play the role of each character. Or, read through the scenario as a story.
- Spend time getting in and out of role.

Debrief

- Afterwards, spend some time discussing the story. You could think about:
 - What happened to the person who strained or sprained their ankle? What signs of a strain or sprain did they show?
 - How did the helper help them?
 - What did the bystander do? What could they do in future to become a helper?

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Person who sprains ankle

This person is racing through an obstacle course at the activity park. They jump off the end of one obstacle and land on wet ground. They land badly and twist their ankle. It begins to hurt straight away and they can't walk on it any more. Their ankle begins to swell.

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Helper

This person is racing through an obstacle course at the activity park. They are following behind their friend. Their friend jumps from an obstacle, lands badly and hurts themselves. They are holding their ankle. They remember that the park has a visitor centre and assume there is a freezer or first aider there. They help the person to sit down comfortably and then go to find something cold and someone to help.

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Bystander

This person is also racing through an obstacle course at the activity park with some friends. Their friend at the front jumps from an obstacle. They land badly and hurt themselves. They are on the ground holding their ankle. They are sure it is nothing serious and tell their friend to walk it off and then goes back to the obstacle course.

