



National Athletic Training Month

****MARCH IS NATIONAL ATHLETIC TRAINING MONTH****

Please join us in recognizing the amazing work that Colorado's athletic trainers provide to our schools and student athlete's across the state! For more information on National Athletic Training Month, please visit the [NATA website](#).



Head, Heart and Heat

Click Below:

Head

Heart

Heat

Sports Medicine Advisory Handbook

Click Below:

HANDBOOK

CHSAA NOW

PURPOSE

The CHSAA Sports Medicine Advisory Committee is a collective group of medical and educational professionals whose expertise provides current information to the association membership. It is designed to reflect and evaluate information provided throughout several resources.

MISSION

The mission of the Sports Medicine Advisory Committee (SMAC) is to provide information, vision, and guidance to the Colorado High School Activities Association (CHSAA), while emphasizing the health and safety of students participating in interscholastic sports and activities.

Hydration/Dehydration

DEFINITION OF DEHYDRATION

- A mismatch between water intake and body water loss -
 - Loss of greater than 2% of body weight -
- Dehydration is impacted by the intensity of exercise, the environment, and availability of fluids -

SYMPTOMS OF DEHYDRATION

Thirst – Irritability – Cramps – Headache – Nausea/Vomiting – Fatigue/Weakness/Dizziness – Decreased Performance

MANAGEMENT OF DEHYDRATION

- Assess level of distress/symptoms, consider removing from activity depending on the level of symptoms
 - Rest the athlete and establish a rehydration plan to replenish lost fluids
 - Water or sports drink may both be utilized to rehydrate the athlete

PREVENTION OF DEHYDRATION

- Water is all young athletes need prior to exercise
- Develop a hydration strategy: drink before, during, and after exercise. Hydration plans need to be individualized
 - Daily hydration habits are important for overall hydration status
- Monitor hydration by evaluating urine color – A light color like lemonade indicates adequate hydration and a darker color like apple juice indicates dehydration
- Fluid volumes needed to maintain hydration vary by size of athlete, athlete's sweat rate, and intensity of exercise

COACH RESPONSIBILITY

- Educate athletes on importance of hydration for safety and performance -
- Allow easy access to fluids and schedule water breaks, especially in the heat -
 - Monitor hydration status and player status when exercising in the heat -

Air Quality & Exercise

DEFINITION

- Key pollutants that may trigger or worsen asthma or affect lungs during exercise -
 - Ozone, particle pollution, carbon monoxide and smoke -
 - Athletes are at higher risk of inhaling air pollutants during exercise -
- Smoke from forest and grass fires is a special concern in Colorado, often causing severe air pollution -

AIR QUALITY INDEX (AQI)

The AQI is an index for reporting daily air quality. It tells you how clean or polluted your air is, and what associated health effects might be a concern for you.

MANAGEMENT

- Distance runners should avoid running next to busy roadways
- Ozone exposure can be lessened by early morning work outs
- Athletes with asthma must be carefully monitored when AQI is above 100
- Athletes with asthma should always have a rescue inhaler readily available
- Practices, contests, and outdoor activities should be modified or moved indoors when AQI is above 100 and consideration given to rescheduling or moving them when AQI is greater than 200

PREVENTION AND RESOURCES

To check Air Quality in your area, go to <https://www.colorado.gov/airquality/advisory.aspx>

AIR QUALITY APPS

Air Quality | Air Visual – Air Quality Index BreezoMeter – Air Quality: Real time AQI – Plume Air Report (Live and forecast smog reports) – Air Quality Index Near Me – Airveda – Monitor Air Quality – Air Quality – AirNow

For complete CHSAA air quality & exercise information, go to <http://www2.chsaa.org/sports/medicine/SportsMedicineHandbook.pdf>

Heat Illness

****Colorado is considered Cat 1 in the table below****

Cat 3	Cat 2	Cat 1	Activity Guidelines
< 82.0°F < 27.8°C	< 79.7°F < 26.5°C	< 76.1°F < 24.5°C	Normal Activities – Provide at least three separate rest breaks each hour with a minimum duration of 3 min each during the workout.
82.2 - 86.9°F 27.9-30.5°C	79.9 - 84.6°F 26.6-29.2°C	76.3 - 81.0°F 24.6-27.2°C	Use discretion for intense or prolonged exercise; Provide at least three separate rest breaks each hour with a minimum duration of 4 min each.
87.1 - 90.0°F 30.6-32.2°C	84.7 - 87.6°F 29.3-30.9°C	81.1 - 84.0°F 27.3-28.9°C	Maximum practice time is 2 h. For Football: players are restricted to helmet, shoulder pads, and shorts during practice. If the WBGT rises to this level during practice, players may continue to work out wearing football pants without changing to shorts. For All Sports: Provide at least four separate rest breaks each hour with a minimum duration of 4 min each.
90.1 - 91.9°F 32.2-33.3°C	87.8 - 89.6°F 31.0-32.0°C	84.2 - 86.0°F 29.0-30.0°C	Maximum practice time is 1 h. For Football: No protective equipment may be worn during practice, and there may be no conditioning activities. For All Sports: There must be 20 min of rest breaks distributed throughout the hour of practice.
≥ 92.1°F ≥ 33.4°C	≥ 89.8°F ≥ 32.1°C	≥ 86.2°F ≥ 30.1°C	No outdoor workouts. Delay practice until a cooler WBGT is reached.

For complete CHSAA heat illness information, go to <http://www2.chsaa.org/sports/medicine/SportsMedicineHandbook.pdf>

Mental Health

SYMPTOMS

- Poor performance in school – Withdrawal from friends and activities – Sadness and hopelessness – Lack of enthusiasm, energy, or motivation – Loss of interest in activities they used to enjoy – Anger and rage – Overreaction to criticism – Feelings of being unable to satisfy ideals – Poor self-esteem or guilt – Indecision, lack of concentration or forgetfulness – Restlessness or agitation – Changes in eating or sleeping patterns – Substance abuse – Sexual promiscuity – Risk-taking behaviors – Problems with authority – Suicidal thoughts or actions

TEEN SUICIDE WARNING SIGNS

- Suicide threats (direct and indirect) – Obsession with death – Poems, essays, or drawings that refer to death – Giving away belongings – A sense of “hopelessness” and/or no future vision – Dramatic change in personality or appearance – Irrational, bizarre behavior – Overwhelming sense of guilt, shame, or rejection – Significantly changed eating patterns (including drastic weight gains or losses) – Significantly changed sleeping patterns (especially contributing to school truancy) – Severe drop in school performance or social interest

Complete CHSAA mental health information and protocols:
<http://www2.chsaa.org/sports/medicine/SportsMedicineHandbook.pdf>

Mental Health Resources

<https://suicidepreventionlifeline.org> - National Suicide Prevention Lifeline at **800-273-TALK (8255)**

<https://www.crisistextline.org/textline/> - Crisis Text Line – **text CONNECT to 741741**

<http://www.sptsusa.org/parents/when-a-childs-friend-dies-by-suicide/>

For all CHSAA Sports Medicine Advisory Committee Information, visit CHSAANow.com and click on the **SAFETY** tab

OR visit <https://chsaa.com/sports-medicine/>

CHSAANOW

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