



Colorado High School Activities Association

11/28/2018

Winter 2018



Head, Heart and Heat

Click Below:

Head

Heart

Heat

Sports Medicine Advisory Handbook

Click Below:

HANDBOOK

CHSAANOW

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.

Athlete Hygiene/Skin Infections

UNIVERSAL HYGIENE PROTOCOL FOR ALL SPORTS

- Shower immediately after every competition and practice, using liquid soap and not a shared bar of soap
- Wash all workout clothing after each practice, washing in hot water and drying on a high heat setting
- Clean and/or wash all personal gear (knee pads, head gear, braces, etc.) and gym bags at least weekly
- Do not share towels or personal hygiene products (razors) with others
- Refrain from full body and/or cosmetic shaving of head, chest, arms, legs, abdomen and groin

SKIN INFECTIONS

Viral Skin Infections – Herpes gladiatorum and herpes labialis (cold sores)

Fungal Skin Infections – Tinea corporis (ringworm), tinea capitis, tinea pedis, tinea cruris

Bacterial Skin Infections – Impetigo, Folliculitis, Carbuncle

The CHSAA recommends the following actions:

- **Prevention** – Remind athletes to shower immediately after practice/meets, change workout clothes/socks daily and do not share equipment or towels
- **Be Vigilant** – Look at athletes' skin daily for wounds or lesions, clean and cover open wounds or scrapes so they don't get infected and let athletes know they should report skin lesions to the coaches or athletic trainer immediately
- **Seek Treatment** – Get athletes to a health care provider immediately for diagnosis and treat skin lesions. Many of these skin infections require minimum treatment times in order for the athletes to be eligible

For complete CHSAA athlete hygiene and skin infection information, go to
<http://www2.chsaa.org/sports/medicine/SportsMedicineHandbook.pdf>

Cold Weather Protocols

Cold weather is defined as any temperature that can negatively affect the body's regulatory system. It is important to remember that temperatures do not have to be freezing to have this effect.

COLD RELATED INJURIES

Hypothermia – Body core temperature below 95°F

Treatment - remove wet clothing, warm with dry insulating blankets, cover the head, and get to a warm environment. Provide warm beverages, avoid friction, avoid warming extremities initially, seek medical care

Frostnip/Frostbite – Frostnip is superficial cooling of body tissues. Frostbite is actual freezing of body tissues which can result in cellular destruction.

Most susceptible are fingers, toes, earlobes, and nose.

Treatment - rewarm slowly in warm water (not hot); avoid friction/rubbing tissue, seek medical care

Chilblain – An exaggerated or uncharacteristic inflammatory response to cold exposure

Treatment - wash, dry area, elevate, cover with loose clothing/blankets, and avoid friction and applying lotion

GENERAL SIGNS/SYMPTOMS OF COLD STRESS

Uncontrollable shivering - Fatigue - Swollen Extremities - Confusion - Blurred Vision - Slurred Speech - Headache, dizziness - Red or Painful extremities - Numbness/tingling of skin

GUIDELINES FOR PREVENTION OF COLD STRESS

Know and recognize signs and symptoms - Modify practice and competition based on temperature, moisture, and wind chill - Provide access to warm building/shelter - Encourage/mandate appropriate type of clothing worn in layers - Monitor player's physical condition and mental status in extreme conditions

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

Hydration

DEHYDRATION

Signs and Symptoms:

- Dry mouth
- Thirst
- Being irritable or cranky
- Headache
- Dizziness
- Cramps
- Excessive fatigue
- Individual not able to run as fast or play as well as usual

Treatment

- Move individual to a shaded or air-conditioned area
- Provide cold fluids/sports drink

For the complete CHSAA hydration protocols, as well as all other information regarding hydration, please click here:

<http://www2.chsaa.org/sports/medicine/SportsMedicineHandbook.pdf>

Concussion Management

A concussion is a type of **traumatic brain injury**, or TBI, caused by a bump, blow, or jolt to the head or neck that can change the way your brain normally works.

IMPORTANT POINTS OF EMPHASIS

- Signs and symptoms can be evident in four areas: Physical, Cognitive/Thinking, Emotions/Mood and Energy/Sleep
- Know your athletes at "baseline". Know their pre-concussion level of symptoms, know their learning and attentional style, know their balance pre-concussion, know their headache and medical history, know their past concussion history and know their personality
- Research suggest that most students with a concussion may need a few days (usually 1 to 3 days), to be home resting with a gradual return to activity such as school and family activities.
- An athlete should be symptom-free (or back to pre-concussion functioning) in all four domains before being allowed to start the graduated return to play

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

Mental Health

Click Link Below to Access **NEW FREE NFHS Online Course "Student Mental Health and Suicide Prevention"**

****<https://nfhslearn.com/courses/61160/student-mental-health-and-suicide-prevention>****

A think tank has been scheduled for January 10th to establish the groundwork for the "You Matter" campaign, which will focus on promoting positive mental health and suicide prevention.

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

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

OR visit

<https://chsaanow.com/sports-medicine/>

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