

**HEALTH
AND
SAFETY**



STUDENT SAFETY TRAINING

What You'll Learn...



- 01 Head and Neck Injuries
- 02 CPR/AED & Chest Trauma
- 03 Environmental Safety
- 04 Hydration and Fuel
- 05 Allergies, Asthma & Diabetes
- 06 Emergency Action Plans

HEAD & NECK INJURIES



What is a CONCUSSION?

A concussion is a brain injury that impacts how your brain normally works.

- It happens when your brain gets shaken or twisted inside your skull.
- This can be caused by a hit to the head or body—**even if it doesn't seem like a big hit.**
- **You don't have to be knocked out to have a concussion.**



HEAD & NECK INJURIES

- Your head is not a weapon.
Don't hit with your head!
- Respect your helmet. The helmet is an important piece of protective equipment.
- Make sure your equipment fits!



SIGNS OF A CONCUSSION

If you or one of
your friends
experience **ANY** of
these symptoms,
SAY SOMETHING!



Headache,
Nausea



Balance
Problems/Dizziness



Double or Fuzzy
Vision



Sensitivity to
Light or Noise



Feeling
Sluggish, Foggy,
Confused

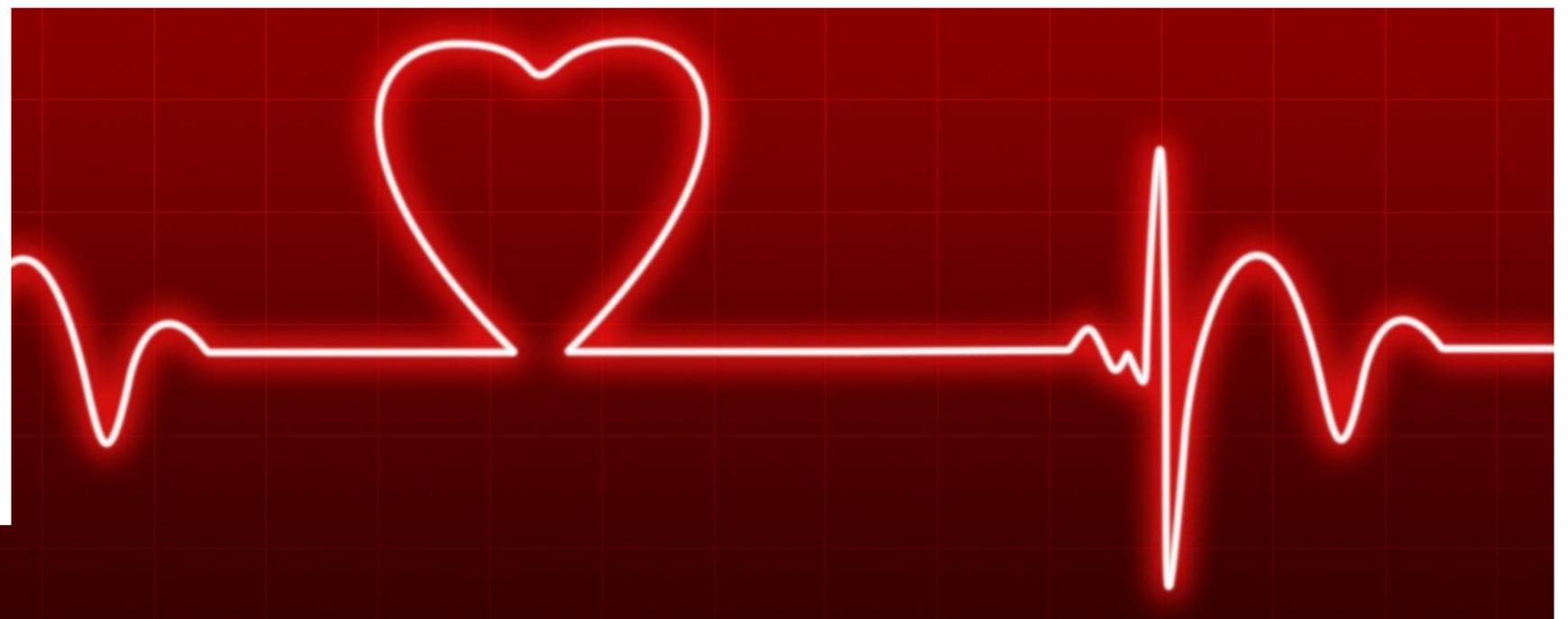


Return to Play Protocol

By State Law, your school district must have rules and regulations in place to follow after a concussion.

District
Concussion
Oversight
Team

HEART: CPR/AED & CHEST TRAUMA



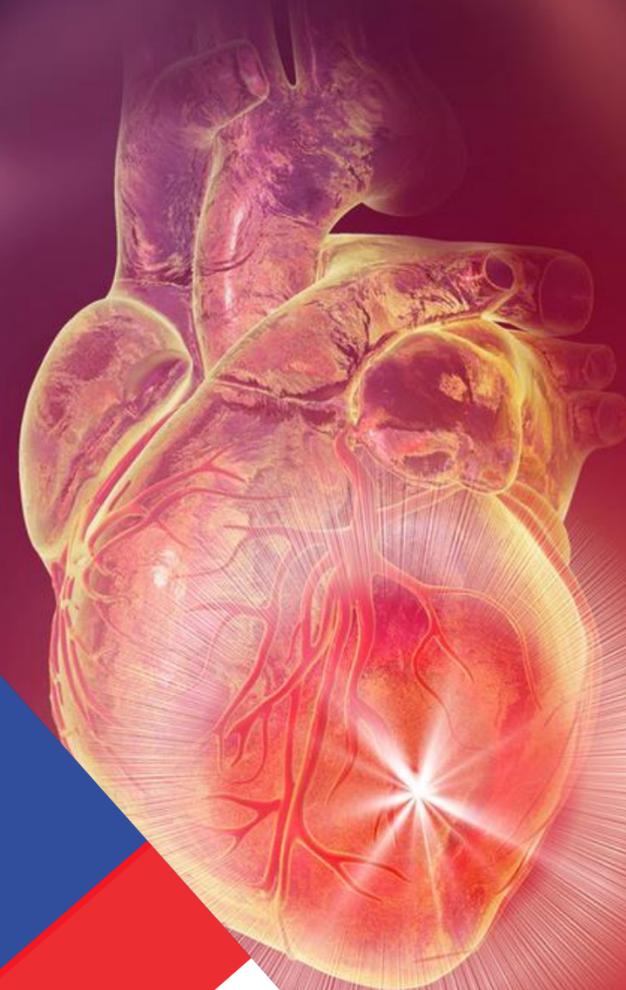


SUDDEN CARDIAC ARREST (SCA) BASICS

- Happens when the heart's electrical system stops working right
- The heart stops beating normally, and the person has no pulse
- It can happen without warning, even in healthy young athletes
- If not treated immediately, it can be deadly in just a few minutes

SCA RISK FACTORS & CAUSES

- **Some people are born with heart problems or issues with the heart's electrical system**
- **Birth defects in the heart can also be a factor**
- **Commotio Cordis - when a hit to the chest (like a ball) messes with the heart**
- **Myocarditis - a heart infection that causes swelling**
- **Using drugs or steroids to boost performance can raise the risk**



SCA Symptoms

- Fainting/blackouts (especially during a workout)
- Dizziness
- Unusual fatigue/weakness
- Chest pain
- Shortness of breath
- Nausea/vomiting
- Palpitations (heart is beating unusually fast or skipping beats)
- Family history of sudden cardiac arrest at age < 50

If you or one of your friends experience ANY of these symptoms, SAY SOMETHING!

ANY of these symptoms and warning signs that occur while working out may require evaluation by your physician before returning to participation in your sport.

SCA Emergency Response

- **CALL 911 immediately**
- **Begin CPR right away**
- **Use an AED**
- **Every second counts!
Early defibrillation is
critical!**



SCA Screening

The UIL Pre-Participation Physical Evaluation & Medical History form includes ALL 14 important cardiac screening elements recommended by the American Heart Association and is mandatory.

PREPARTICIPATION PHYSICAL EVALUATION – MEDICAL HISTORY

2024

FORM must be completed *annually* by parent (or guardian) and student in order for the student to participate in activities. These determine if the student has developed any condition which would make it hazardous to participate in an event.

Sex _____ Age _____ Date of Birth _____
 Phone _____
 School _____ Phone _____
 Relationship _____ Phone (H) _____ (W) _____

below**. Circle questions you don't know the answers to.

	Yes	No		Yes	No
13. Have you ever gotten unexpectedly short of breath with exercise?	<input type="checkbox"/>	<input type="checkbox"/>	13. Have you ever gotten unexpectedly short of breath with exercise?	<input type="checkbox"/>	<input type="checkbox"/>
14. Do you have asthma?	<input type="checkbox"/>	<input type="checkbox"/>	14. Do you have asthma?	<input type="checkbox"/>	<input type="checkbox"/>
14. Do you have seasonal allergies that require medical treatment?	<input type="checkbox"/>	<input type="checkbox"/>	14. Do you use any special protective or corrective equipment or devices that aren't usually used for your activity or position (for example, knee brace, special neck roll, foot orthotics, retainer on your teeth, hearing aid)?	<input type="checkbox"/>	<input type="checkbox"/>
15. Have you ever had a sprain, strain, or swelling after injury?	<input type="checkbox"/>	<input type="checkbox"/>	15. Have you ever had a sprain, strain, or swelling after injury?	<input type="checkbox"/>	<input type="checkbox"/>
15. Have you broken or fractured any bones or dislocated any joints?	<input type="checkbox"/>	<input type="checkbox"/>	15. Have you broken or fractured any bones or dislocated any joints?	<input type="checkbox"/>	<input type="checkbox"/>
16. Do you want to weigh more or less than you do now?	<input type="checkbox"/>	<input type="checkbox"/>	16. Do you want to weigh more or less than you do now?	<input type="checkbox"/>	<input type="checkbox"/>
17. Do you feel stressed out?	<input type="checkbox"/>	<input type="checkbox"/>	17. Do you feel stressed out?	<input type="checkbox"/>	<input type="checkbox"/>

If yes, check appropriate box and explain below:

<input type="checkbox"/> Head	<input type="checkbox"/> Elbow	<input type="checkbox"/> Hip
<input type="checkbox"/> Neck	<input type="checkbox"/> Forearm	<input type="checkbox"/> Thigh
<input type="checkbox"/> Back	<input type="checkbox"/> Wrist	<input type="checkbox"/> Knee
<input type="checkbox"/> Chest	<input type="checkbox"/> Hand	<input type="checkbox"/> Shin/Calf
<input type="checkbox"/> Shoulder	<input type="checkbox"/> Finger	<input type="checkbox"/> Ankle
<input type="checkbox"/> Upper Arm	<input type="checkbox"/> Foot	



**LEARN
WHAT TO DO
WHEN
SOMEONE
ELSE'S
HEART
STOPS**

How you can help save a life



IMPORTANCE OF AN AED

**The only effective
treatment for ventricular
fibrillation is immediate
use of an automated
external defibrillator (AED).**

Importance of an AED

An AED (Automated External Defibrillator) can help restart a heart during sudden cardiac arrest—and it can save a life.

In Texas high schools:

- **AEDs must be easy to get to during games and practices**
- **Coaches, Athletic Trainers, and staff must be trained to use them**
- **Every school must have a plan for what to do in a heart emergency**



Importance of an AED

Experts say AEDs should be in a central spot that's easy to get to—no more than a 60–90 second walk from anywhere nearby.

While someone grabs the AED, another person should call 911 right away.

Do you know where an AED is located?



ENVIRONMENT





Heat Illness Prevention

- **Schools track the heat using a tool called Wet Bulb Globe Temperature (WBGT)**
- **Practice time & gear should change depending on how hot it is outside**
- **You should always have unlimited water and required breaks**
- **Fans, water misters, & cold wet towels may also be utilized.**
- **This is called a “rapid cooling zone”—and its purpose is to keep you safe**

HEAT ACCLIMATIZATION

GETTING USED TO THE HEAT!

If you or someone else shows signs of overheating, say something!

- **Start workouts slowly & build up over time**
- **Drink water often-even if you're not thirsty**
- **Take more breaks & wear lighter gear when it's extra hot or humid**
- **Coaches will watch you closely for signs of heat illness like dizziness or confusion**



Exertional Heatstroke (EHS)

#1 cause of preventable death in high school sports!

- The body overheats dangerously and can't cool down fast enough
- Symptoms:
 - Confusion
 - Dizziness
 - Collapse
 - Hot flushed skin
 - Rapid Heartbeat
 - Full Body Cramping
 - Nausea & Vomiting



UIL HEAT PROTOCOLS

- When experiencing symptoms of heat stroke, UIL policy requires immediate full body immersion in an ice water tub or tarp.
- If experiencing symptoms of a heat stroke, 911 should be called immediately after immersing in the ice water.

***COOL FIRST,
TRANSPORT
SECOND!***



COLD WEATHER SAFETY

Frostbite

- **Rewarm gradually with warm water or body heat; avoid rubbing**

Hypothermia

- **Remove wet clothes, warm slowly, give warm fluids if alert**
- **If someone is passed out, call 911 right away and get help. Don't try to warm them up on the spot.**



Lightning Safety Protocol

Your school should use a weather service that gives lightning warnings specific to your team's location.

Know the rules on what to do if there's lightning nearby. Follow your coaches' directions and go to the location specified.



Lightning Safety Protocol

- **Listen to those in charge and who are assigned to watch the weather and share updates.**
- **Go to safe places nearby as indicated by your coach or trainer—like buildings with walls or cars.**
- **Outside activities or contests can start again after a minimum of 30 minutes after the last lightning strike. Your coach or Athletic Trainer should monitor the time on their app.**



HYDRATION AND FUEL



HYDRATION

Athletes should drink water throughout the day as well as before and after exercise.

Sports drinks can be helpful:

- **You're exercising for more than an hour**
- **It's really hot and humid outside**



What NOT to Drink

- **FRUIT JUICES**
- **CARBONATED SODAS**
- **ENERGY DRINKS** with caffeine and/or ephedrine
 - **Make you more likely to get heat sickness or heart problems when you exercise**
 - **Cause feelings like anxiety, jitters, nausea, stomach pain, or diarrhea**



Hydration:

Best Practices Example

- Drink about 16 ounces (a big glass) 2 hours before practice.
- Drink 8–16 ounces 15 minutes before starting.
- Drink 4–8 ounces every 15–20 minutes while you're practicing.
- After practice, drink 16–20 ounces for every pound you lost (like from sweating).

Check your urine color—clear or light yellow means you're hydrated!



Hyponatremia

- It's rare but serious and can happen if you drink *too much water* in a short time.
- This is the opposite of dehydration.
- It happens when you drink way more water than you sweat out.
- Symptoms: feeling confused, headache, very tired, or seizures.
- If someone shows these signs, call 911 right away!



Rhabdomyolysis

“Too Much, Too Soon, Too Fast”

- It usually happens when someone trains too hard too fast.
- Very intense exercise can hurt your muscles and release harmful stuff into your body.
- Doing short, super hard, repetitive workouts with the same muscles can cause serious health problems.



Rhabdomyolysis Prevention

- Build up your workouts little by little—don't jump into super hard stuff all at once.
- You're more at risk if it's hot, you're dehydrated, or not in good shape.
- Watch out for symptoms like:
 - **Excessively sore muscles**
 - **Swelling**
 - **Dark colored urine**
 - **Trouble moving**
- Stay safe by going back to hard workouts slowly, drinking plenty of water, and having someone check on you during practice.



RHABDOMYOLYSIS TREATMENT

- **If you have symptoms, let your coach and athletic trainer know immediately. It is advised to seek treatment from a doctor right away.**
- **Doctors decide how to treat based on your symptoms, health history, and blood tests.**



STEROID USE IS ILLEGAL WITHOUT A PRESCRIPTION

- **It's illegal to use anabolic steroids unless a doctor prescribes them.**
- **Using steroids to improve athletic performance isn't a valid medical reason.**
- **Breaking this law can get you in serious trouble, including jail time.**



ILLEGAL STEROID USE & ANABOLIC STEROID TESTING

- **If you want to play UIL sports, you have to agree not to use anabolic steroids.**
- **You might be randomly tested for steroids.**
- **Your parents have to agree and give permission for testing too.**
- **Tests are done by official labs to make sure they're accurate.**



Health Risks of Steroid Abuse

For Boys and Men:

- Shrinking testicles, lower sperm count
- Baldness, infertility, breast growth
- Stunted growth

For Girls and Women:

- Deeper voice, facial hair
- Smaller breasts, hair loss
- Stunted growth



Health Risks of Steroid Abuse

Males and Females of All Ages

- Liver damage, heart attack, & stroke
- Acne, infections (from needles)
- Mental health issues like aggression, depression, and withdrawal symptoms



SUPPLEMENTS CAN BE RISKY

- Supplements aren't always checked by the FDA.
- Some might have harmful stuff that can make you fail a steroid test.
- UIL does not approve any supplements.
- You are 100% responsible for anything you take.



BEST PRACTICE: FOOD FIRST

Experts say athletes should get their nutrition from healthy, balanced meals—not from supplements.



ALLERGIES, ASTHMA & DIABETES





Allergy Awareness & Response



- Make sure your coach knows if you have any allergies and what causes them (like peanuts or bee stings).
- Always carry your emergency medicine (like an EpiPen) with you and check that it's not expired.
- Make sure your coach knows where your medicine is! Let your coach and teammates know how to help you in case you need your EpiPen.
- Call 911 immediately after administering an epinephrine injection



Asthma and Respiratory Safety

Asthma is common in youth sports!

- **Symptoms to Watch for:**
 - **wheezing**
 - **coughing**
 - **rapid breathing**
 - **use of neck/shoulder muscles to aid breathing**

Asthma and Respiratory Safety

- **Make sure your inhaler is always easy to get to.**
- **It is recommended to have a back up inhaler with your coach/Athletic Trainer**
- **The team's Emergency Action Plan should include what to do if you have an asthma attack.**
- **If you're having trouble breathing, try leaning forward with your hands on your knees (called the tripod position) to help you breathe better.**



Diabetes Management for Athletes



- Coaches and teammates should know if someone has Type 1 or Type 2 diabetes.
- Learn the signs of low blood sugar: feeling shaky, sweaty, confused, or easily annoyed.
- Make sure testing supplies like glucose meters and strips are ready and working.

Diabetes management

- **Keep insulin and other medicines safe but easy to get when needed.**
- **The team's Emergency Action Plan should include what to do for diabetes emergencies.**
- **If someone has a severe low blood sugar episode, call 911 right away.**



HYGIENE



HYGIENE & INFECTION PREVENTION

- **Wash your hands often.**
- **Keep good personal hygiene habits.**
- **Don't share things like water bottles, towels, or personal gear (like pads or workout clothes).**
- **Make sure shared equipment gets cleaned and disinfected regularly.**



HYGIENE & INFECTION PREVENTION

To prevent spreading of infections:

- **Monitor for contagious conditions**
 - **Ringworm, staph, etc.**
- **Report and treat infections promptly**
- **Ensure that locker room surfaces are cleaned regularly**
- **Ensure your clothes are washed on a daily basis**





Emergency Plan

EMERGENCY ACTION PLANS
& SAFETY TRAINING

SAFETY IS EVERYONE'S RESPONSIBILITY!

**Everyone—staff and athletes—
should learn what to do in an
emergency.**

**Practice the emergency plan often
so everyone knows their role.**



RESOURCES

Document	Link
NFHSLearn Free Courses on Sudden Cardiac Arrest	https://nfhslearn.com/courses/sudden-cardiac-arrest
NFHS Heat Acclimatization and Heat Illness Prevention Position Statement	https://www.nfhs.org/media/5919613/nfhs-heat-acclimatization-april-2022-final.pdf
NFHS Position Statement for Maintaining Hydration	https://www.nfhs.org/media/5919614/nfhs-hydration-position-statement-april-2022-final.pdf
NFHSLearn Free Course on Heat Illness Prevention	https://nfhslearn.com/courses/heat-illness-prevention-2
Hydration Urine Color Chart	http://at.uwa.edu/admin/UM/urinecolorchart.doc
NFHS Guidelines on Handling Practices and Contests During Lightning or Thunder	https://www.nfhs.org/media/7213621/nfhs-smac-guidelines-on-handling-practices-and-contests-during-lightning-or-thunder-disturbances-final-10-30-24.pdf
General Guidelines for Sports Hygiene, Skin Infections and Communicable Diseases	https://www.nfhs.org/media/5546438/2022-nfhs-general-guidelines-for-sports-hygiene-skin-infections-and-communicable-diseases-final-3-8-22.pdf