

Making This Your Safest Season Yet

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July 26, 2011

Making this your safest season yet

Today's format:

- Time: ~ 40 min. presentation, followed by Q&A
- Questions? Send them via the “Question” section on the right-hand side of your screen, we'll take them at the end of the presentation



Today's presentation by
Brooke de Lench

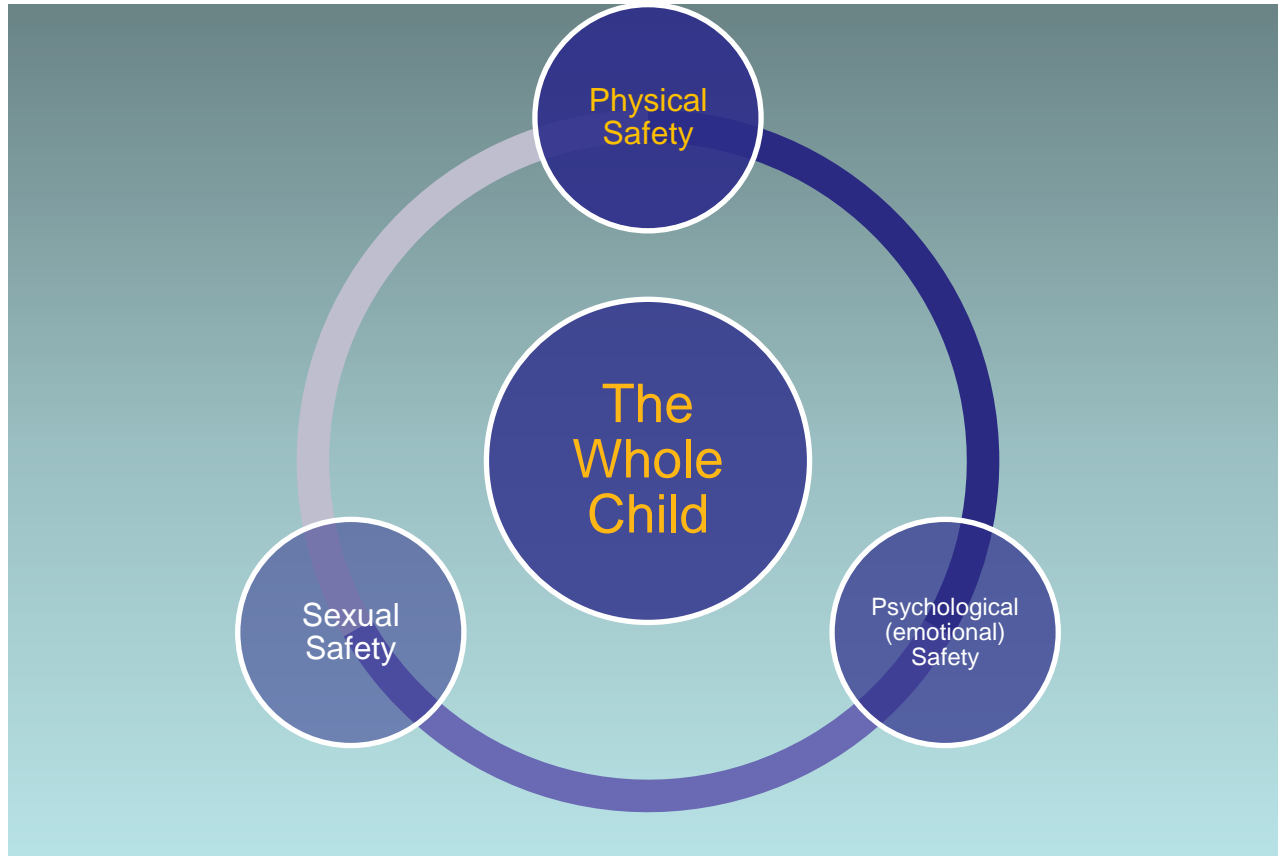
Founder of MomsTeam.com

Author of:

The Critical Role of Mothers In Youth Sports (Harper Collins)



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 **mom'sTEAM**
The Trusted Source for Sports Parents

Physical Injuries: Making this the safest season yet

Before the season starts:

- ✓ Pre-participation Physical Evaluation (PPPE)
 - Six weeks before pre-season:
 - Should be performed six weeks before pre-season begins to allow adequate time to correct problems identified through rehabilitation or conditioning program.
 - Annually or less?
 - Some say annually others every 2-3 years
 - Long Form is Best—45 questions
- ✓ Baseline Neuropsychological Tests



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- ✓ Sports Specific First-Aid Kits
 - Match the contents to the sport
 - Stock a realistic quantity
 - Ensure ready access
 - Protect against damage



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✓ Emergency Medical Plan

- Who will provide emergency first aid?
- Who and how paramedics or Emergency Medical Services (EMS) will be called, with specific directions to give to EMS to where the game or practice is being held.
- Who will monitor non-injured members of the team during an emergency
- How will parents and a player's family physician be notified in the event of an emergency
- Emergency medical devices are available, including:
 - AED
 - Rescue inhalers, peak flow meters (or portable spirometers) for each athlete with asthma (in case of emergencies, a nebulizer should also be available).
 - EpiPen®
- Coaches/team moms/athletic trainers are familiar with appropriate community resources, and have a fully functional telephone (mobile or cellular) available, pre-programmed with emergency medical care access numbers.
- Emergency phone numbers and a list of medical conditions for each player are readily available at all practices and games.
- Emergency numbers at which players' parent(s) or guardians can be reached in case of emergency
- Medical release/treatment authorization forms for every player.



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✓ 3-Hs

- Heart
- Head
- Hydration



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- ✓ All Heart: Chain of Survival Plan to Protect Against Sudden Cardiac Death (SCD)
 - Early cardiopulmonary resuscitation (CPR) is started with an emphasis on chest compression;
 - Rapid defibrillation occurs;
 - Effective advanced life support is begun; and
 - Integrated post-cardiac arrest care is provided.



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- ✓ Heads Up: Concussions
 - Learn the signs and behaviors associated with a concussion (symptoms, too)
 - Eyes
 - Balance
 - Vomiting
 - Baseline Neuropsychological Tests
 - Helmets
 - Buddy System – non reporting
 - What's new?



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✓ Preventing Heat-Related Illness

Heat illness is the most preventable of all sports injuries

- Make sure your child becomes acclimated to the heat before starting preseason practice
- Make sure your child is properly hydrated before, after and during (iHydrate app)
- Know the warning signs of dehydration
- If your child is playing football –follow the new preseason football practice guidelines



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- ✓ Use Proper Safety Equipment
 - Protective Sports Eyewear
 - Mouth guards
 - Helmets
 - Footwear



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- ✓ Ensure venue is safe (fields, bases, etc)
 - Before the game:
 - Parents/Coaches need to check fields, courts, cross country trails
 - Check the goal posts for loose pieces and sharp objects
 - After the game:
 - Make sure field is clean of debris and litter
 - All goal posts need to be secured in place
 - Goal Posts need to be padded



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✓ Set Participation Limits

- Think of the “whole life span” of your child
 - What will they have longer? Trophies or Injuries?
- How many teams will your child play on?
- Twelve hours a week for one sport
- Twenty hours a week for more than one sport (different muscles are used)



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- ✓ Preseason Conditioning
 - Stretching
 - Warm ups
 - Cool downs

- ✓ Girls Knees



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- ✓ Take Precautions Against Staph Infections
 - Community Acquired methicillin-resistant staphylococcus aureus CA-MRSA
 - Keep an eye on small wounds and boils
 - No sharing of towels or other personal items
 - After sports clean with antimicrobial soap
 - Launder uniforms, athletic supporters and bras after each use – separate from all other clothes



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✓ Know Signs of Female Athlete Triad

- Disordered eating
 - Anorexia
 - Bulimia
- Menstrual Irregularity
- Osteoporosis



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✓ Teach Dangers of Anabolic Steroid Use & Know Warning Signs

- Large gain of muscle mass over a short period of time
 - 20lbs. of muscle gained over a summer by a high school athlete is usually not the result of weight training alone.
- Increased time spent in the gym and a preoccupation with weight training
- Dramatic changes in personality (moodiness, aggression, and hostility etc.)
- Abnormally large breasts in males
- Stretch marks especially around the breast area
- Increased acne, especially on the back, face, and chest
- Facial puffiness due to water retention
- Needle marks on the buttocks
- Increased blood pressure and heart rate
- Reference to steroids in conversation (some of the slang words for steroids include "roids," "juice," "sauce," "slop," "product" and "vitamins").



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✓ Sleep

- American Sleep Foundation study says 9.25 hours a night



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- ✓ Proper Nutrition is Key



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- ✓ Take Precautions for Asthmatic Child
 - Have a rescue inhaler available at all times
 - Rescue inhalers, peak flow meters (or portable spirometers) for each athlete with asthma (in case of emergencies, a nebulizer should also be available).
 - Make sure his asthma is stable before sports
 - Dust from old artificial turf?
 - Particulate matter pollution



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✓ Sexual Safety

- Know the warning signs
- Two-Adult Rule
- Background Checks for all adults over age of 17 (paid and volunteers)



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- ✓ Psychological Safety
 - Background checks
 - Hazing
 - Bullying
 - Melt Downs
 - Getting Help



Safety Checklist

- ✓ PPPE – Use the New Version- More than Questions Long
- ✓ Sports Specific First-Aid Kits
- ✓ Emergency Medical Plan
- ✓ Chain of Survival Plan to Protect Against Sudden Cardiac Death (SCD)
- ✓ Concussion Awareness
- ✓ Proper Hydration
- ✓ Use proper Safety Equipment
- ✓ Ensure venue is Safe (fields, bases, etc)
- ✓ Set Participation Limits
- ✓ Preseason Conditioning
- ✓ Take Precautions against Staph Infections
- ✓ Know signs of Female Athlete Triad
- ✓ Teach Dangers of Steroid Use
- ✓ Get enough sleep
- ✓ Best Nutrition
- ✓ Take Precautions for Asthmatic Child



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Please submit questions in the “Question” section of your toolbar, on the right side of your screen.

For more information, visit:

Website: www.MomsTeam.com

Twitter: <http://twitter.com/#!/MomsTeam>

Facebook: <http://www.facebook.com/MomsTeam>



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Thank you for attending!

For more information about league management software and online registration, please contact us at ActiveSports@ActiveNetwork.com

