



Play It Safer

CONCUSSION SAFETY TIPS FOR PARENTS

Most athletes play sports without injury. Sometimes a player may receive a blow to the head but not recognize they have an injury that may require medical attention.

The appearance of any of these symptoms may signify a head injury that requires immediate medical attention. Report to the nearest emergency room or call 911.

- Headache
- Nausea
- Balance problems and dizziness
- Double or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish
- Feeling “foggy”
- Change in sleep pattern
- Difficulty remembering recent events
- Change in personality or increased irritability
- Difficulty concentrating
- May experience initial improvement followed by worsening symptoms. *Symptoms may worsen with exertion.*

HEAT ILLNESS PREVENT TIPS : BEAT THE HEAT

Drink Up. Drink plenty of fluids before practice. To be properly hydrated your urine should be a light color, like weak lemonade. If it is dark like apple juice you are NOT hydrated.

Allow your body time. Your body will adapt to the hot summer heat, but it will take up to 14 days. Start off slowly and increase practice intensity and duration over the first two weeks of training. Start slowly.

Have fluids close within arm’s reach. Fluids should be easily accessible during workouts, practice and games. Drink often. Take fluid breaks on a regular schedule and drink at least 7-10 oz every 10-20 minutes.

Drink it – Don’t pour it! While it might feel good to pour fluid over your head, it won’t help restore body fluids or lower body temperature.