

## Heat Safety Tips For Soccer

### *G.O.A.L.*

Get Acclimated...active kids need time to gradually adapt to hotter temperatures

On a schedule, drink up...thirst isn't an accurate indicator of fluid needs. Young athletes should be encouraged to drink on a schedule or at regular intervals before they become thirsty.

Always bring a Gatorade...especially during games and practices in the heat, replacing electrolytes and providing energy is crucial to keeping kids safe.

Learn the warning signs of dehydration and heat illness...if someone becomes fatigued, dizzy, nauseous or has a headache during exercise in the heat, have them stop, rest and drink fluids. Seek medical attention if symptoms persist.

### Before Activity

- Young players should be well-hydrated...light colored urine well hydrated; dark urine indicates dehydration.

### During Activity

- Drink early...even slight dehydration can compromise performance and increase the risk for heat-related illness.
- Young players should consume 5 to 9 ounces (5 oz. for a player less than 90 lbs, 9 oz. for a player over 90 lbs.) of fluid every 20 minutes while active.
- Sports drinks like Gatorade are preferred to water because research shows a young athlete will drink 90% more and stay better hydrated.

### After Activity

- Regardless of thirst, drink every 20 minutes for one hour after activity.

### *Fluids to Avoid During Practice or Games*

Fruit juices, carbonated beverages, caffeinated beverages, energy drinks.

Drinks high in sugar content can slow fluid absorption and cause upset stomach. Carbonation can reduce voluntary drinking due to stomach fullness. Caffeinated beverages have a mild diuretic effect and could promote dehydration. Drinks high in carbohydrates such as energy drinks slow fluid absorption.

### *Warning Signs of Dehydration*

Thirst	Nausea	Dry lips and tongue
Headache	Irritability	Muscle Cramping
Lack of energy	Red, flushed face	Dizziness
Dark, yellow urine		

### *Be Prepared During Hot Weather*

Children should wear light-colored, loose-fitting clothing. Take breaks in the shade whenever possible. Always have a phone available and be familiar with emergency numbers. Keep ice and ice towels on hand in case of heat-related emergencies.

## **Bellefonte Soccer Association**

When a person is involved in any athletic activity, an injury can occur especially in a contact sport. One should be aware the information presented in these safety guidelines is to inform of proper techniques and inherent dangers involved with soccer. There is a chance of broken bones, muscle and soft tissue and back injuries, which could lead to some form of paralysis. Not all potential injury possibilities in this sport are listed, but athletes should be aware that fundamentals, coaching and proper safety equipment are important to the safety and enjoyment of the sport.

1. Proper warm-up is essential before strenuous activity takes place. Be aware of the potentially serious injuries if you do not follow correct procedures in stretching, and conditioning.
2. If your player wears eyeglasses, recommend a proper fitting of safety lenses, appropriate frames that are compatible with soccer. If you have a bi or tri-focal lens, recommend they contact their doctor to provide the best lens combination for playing on large surfaces.
3. Your team should perform only those skills and techniques as instructed and/or supervised by the coach or other trained helpers.
4. Be sure all equipment, especially shoes, fit properly before each day's activity.
5. Remove all jewelry and metal hair fasteners and other body adornments as required by rules and regulations for soccer.
6. Be aware of your surroundings both home and away including but not limited to surface conditions, obstructions in the proximity to the soccer field and safety entrance/egress to/from the field.
7. Wear outer and under garments appropriate for humidity and temperature.
8. In order to help protect the safety of all squad members, squad members with physically limiting injuries and/or health conditions must inform the coach prior to each day's activity of limiting conditions and participate only to the extent allowed by the coach.
9. Players should hydrate themselves frequently during practice and meets and follow the coach's direction on hydration prior to and following practices and meets.
10. Have members notify the coach immediately if injured.
11. Practice only when the coach is present.
12. Coaches must make sure all goals are securely fasten prior to every practice and game.
13. Coaches should always have immediate access to a first aid kit and phone during each practice and all games. Coaches should always carry with them the player's medical forms and contact information in case of an emergency.
14. No practice or game should be held during dangerous weather conditions including but not limited to thunder and lightning.
15. Coaches should never leave a practice or game field until all children have left the field.

16. Although not required, coaches should recommend that mouth guards be worn during practices and games.