

Colorado High School Activities Association

9/2/2020



COVID-19

IMPORTANT RESOURCES: [COVID-19 Requirements & Mandates](#) — [Daily Symptom Tracking Sheet](#)

For all other resources & information related to COVID-19, please visit the COVID-19 section of the [CHSAA Sports Medicine](#) page on CHSAANow.com.



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.

Air Quality & Exercise

DEFINITION

- Key pollutants that may trigger or worsen asthma or affect lungs during exercise.
- Ozone, particle pollution, carbon monoxide and smoke.
- Athletes are at higher risk of inhaling air pollutants during exercise.
- Smoke from forest and grass fires is a special concern in Colorado, often causing severe air pollution.

AIR QUALITY INDEX (AQI)

The AQI is an index for reporting daily air quality. It tells you how clean or polluted your air is, and what associated health effects might be a concern for you.

MANAGEMENT

- Distance runners should avoid running next to busy roadways
- Ozone exposure can be lessened by early morning workouts
- Athletes with asthma must be carefully monitored when AQI is above 100
- Athletes with asthma should always have a rescue inhaler readily available
- Practices, contests, and outdoor activities should be modified or moved indoors when AQI is above 100 and consideration given to rescheduling or moving them when AQI is greater than 200

PREVENTION AND RESOURCES

To check Air Quality in your area, go to



For complete CHSAA Air Quality & Exercise information, please go to

CHSAANOW

Mental Health

SYMPTOMS

These symptoms may indicate depression, particularly when lasting more than two weeks:

Poor performance in school – Withdrawal from friends and activities – Sadness and hopelessness – Lack of enthusiasm, energy, or motivation – Loss of interest in activities they used to enjoy – Anger and rage – Overreaction to criticism – Feelings of being unable to satisfy ideals – Poor self-esteem or guilt – Indecision, lack of concentration or forgetfulness – Restlessness or agitation – Changes in eating or sleeping patterns – Substance abuse – Sexual promiscuity – Risk-taking behaviors – Problems with authority – Suicidal thoughts or actions

RESOURCES

[National Suicide Prevention Lifeline](#) – (800) 273-TALK (8255) / [Crisis Text Line](#) – text CONNECT to 741741 / [Suicide Risk Factors and Warning Signs](#)

For complete CHSAA Mental Health information, please go to 

Venue Specific Emergency Action Plan (VEAP)

- Every member school is required to create a Venue Specific Emergency Action Plan (VEAP) for each site that the member school practices and hosts athletic contests. The VEAP must include location, emergency access, emergency contact information, administrators contact information, and a listing of each member in the protocol's duties.
- An annual VEAP training must take place no less than one time per year

To access the VEAP template, the athletic director can visit the "Document Management" section on the [CHSAA Digital Platform](#) (planeths.com)

The template provided can be modified to the unique needs and characteristics of your school, area, and community. Although it is not expected to look the same across all schools, it is expected that your VEAP is detailed and carefully constructed.

For complete CHSAA Venue Specific Emergency Action Plan (VEAP) information, please go to 

Hydration/Dehydration

DEHYDRATION

Symptoms:

- Thirst
- Irritability
- Cramps
- Headache
- Nausea/Vomiting
- Fatigue/Weakness/Dizziness
- Decreased Performance

Management:

- Assess level of distress/symptoms, consider removing from activity depending on the level of symptoms
- Rest the athlete and establish a rehydration plan to replenish lost fluids
- Water or sports drink may both be utilized to rehydrate the athlete

Prevention:

- Develop a hydration strategy: drink before, during and after exercise. Hydration plans need to be individualized
- Monitor hydration by evaluating urine color – a light color like lemonade indicates adequate hydration and a darker color like apple juice indicates dehydration
- Fluid volumes needed to maintain hydration vary by size of the athlete, the athlete's sweat rate, and the intensity of exercise

AVERAGE FLUID VOLUMES FOR ADOLESCENTS

Time	Fluids Consumed
4 hours before	16 fluid ounces of water (about 1 water bottle)
10-15 minutes before	8 fluid ounces of water
Every 15 minutes when exercising for < 1 hour	4 fluid ounces of water (2-3 large gulps)
Every 15 minutes when exercising vigorously for > 1 hour	4 fluid ounces of sports drink (2-3 large gulps)
Do not drink > 1 quart per hour during exercise	
Young athletes should continue to hydrate 2-3 hours after event	
Consume 20-24 fluid ounces (1 to 1 ½ water bottles) of water or sports drink for every pound lost during exercise	

For complete CHSAA Hydration/Dehydration information, please go to



For all CHSAA Sports Medicine Advisory Committee Information, visit [CHSAANow.com](#) and click on the **SMAC** tab

OR visit

chsaanow.com/sports-medicine



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