

Taft Union High School Sports Medicine

Heat Illness Guide

No one thinks it can happen to them, but it can. Cory Stringer, all pro tackle for the Minnesota Vikings, was in a summer work out with the team last year (2001) when he died of heat stroke. He left the field three times to vomit before failing unconscious and dying.

Early symptoms of a heat related illness are:

- . Dizziness
- . Fatigue
- . Muscle cramps
- . Nausea
- . Profuse Sweating
- . Thirst
- . Weakness
- . Light Headedness

Later symptoms are:

- . Cool Moist skin
- . Dilated pupils
- . Headaches
- . Pale Skin
- . Irrational Behavior
- . Nausea
- . Vomiting
- . Unconsciousness

The findings as a surprise to the researchers because 21 football players died from heat stroke between 1995 and 2001,

An average of three a year.

Concussion Management

Concussion: A significant blow to the head that may result in unconsciousness.

- . A concussion may result from a fall in which the head strikes against an Object or a moving object strikes the head.
- . The brain may be jarred back and forth in the skull causing bleeding or other Symptoms outlined below

SIGNS AND SYMPTOMS

These signs and symptoms may indicate that s concussion has occurred

SIGNS OBSERVED BY COACHING STAFF

Appears dazed or stunned
Is confused about assignment
Forgets plays
Is unsure of game, score, or opponent
Moves clumsily
Answers questions slowly
Loses consciousness
Shows behavior or personality changes
Can't recall events prior to hit
Can't recall events after hit

SYMPTOMS REPORTED BY ATHLETE

Headache
Nausea
Balance problems or dizziness
Double or fuzzy vision
Sensitivity to light or noise
Feeling Sluggish
Feeling foggy or groggy
Concentration or memory problems
Confusion
Confusion

ACTION PLAN

If you suspect a player has a concussion, you should take the following steps:

1. Remove athletic from play.
2. Ensure athlete is evaluated by an appropriate health care professional. Do not try to judge the seriousness of the injury yourself.
3. Inform athlete's parents or guardian about the known or possible concussion and give the fact sheet on concussion.
4. Allow athlete to return to play only with permission from an appropriate health care professional.

- . *No loss of consciousness*
- . *No Memory loss*
- . *No other symptoms (including headache) at rest and after exertion.*
- . *Pass all functional testing*

No Same Day Return to Play:

- . *Any initial loss of consciousness or amnesia*
- . *Any signs or symptoms present or lasting for a duration longer than 15 minutes.*

Return to Play Criteria states that athletes must be asymptomatic for at least 7 days (at rest and activity)

Before they can return to play:

Second Impact Syndrome

- . According to the Centers for Disease Control and Prevention (CDC), Second Impact Syndrome (SIS) results from an acute, usually fatal swelling of the brain that occurs when a second concussion is sustained before the symptoms of a previous concussion have fully cleared.
- . Catastrophic SIS symptoms can include physical paralysis, mental disabilities and/or epilepsy. Death occurs approximately 50 percent of the time.
- . *For an athlete who is recovering from a concussion, a second brain injury can be catastrophic or fatal. Even a minor blow or a blow to another body part can trigger SIS if it causes the head to jerk suddenly. Damage occurs when the head rotates after impact, causing the brain to accelerate rapidly, then decelerate just as suddenly as it slams against the skull opposite the side of impact.*
- . *The usual time from second impact to brain stem failure is rapid—normally two to five minutes. Death often occurs shortly thereafter.*