Health & Safety Preventing Exertional Illnesses and Incidents in Athletes



Information

- CSCCa Health and Safety Quiz
- CSCCa Educational material
- Joint Position Statement

Introductions

Panel:



Coach Clare Buckman - University of Central Arkansas



Coach Isaiah Castilleja - Metropolitan State University Denver



Coach Michael Johnson - Oregon State University

Coach Bret Miguez



Coach Karin Werth - University of Florida



Moderator: Dr. Michael Waller - Arkansas Tech University

• What is part of your initial health screening for all athletes prior to the start of the academic/athletic year?

- How do you program, assess, and monitor first year athletes?
- How is it different for returning athletes?

Warm-Up/ROM	Dynamic Warm-up: Muscle Clean + Front Squat + Shoulder Press + RDL + Bent Over Row = Bar 2x5 then 40 kg 2x5; Clean Jump Shrugs 40 kg 2x5																							
Week	1		2		3		4		5		6		7		8		9		10		11		12	
EXP-STR / STR	Date:		Date:		Date:		Date:		Date:		Date:		Date:		Date:		Date:		Date:		Date:		Date:	
Overall Intensity	75%		87.5%		60%		80%		90%		70%		90%		80%		95%		75%		90%		85%	
Cleans																								
5x2																								
Front Squats																								
2x6																	2x3		2x3		2x3		2x3	
Bulgarian Squats																								
3x6 each leg																	2x6ea		2x6ea		2x6ea		2x6ea	
Super Set																								
Bench Press 3x6																	2x2	2x5						
Bent Over Row 3x8																	4x5							
Ancillary Circuit																								
Push-up Hold w/Twist x16	2x thru		2x thru		2x thru		2x thru		2x thru		3x thru		3x thru		2x thru		3x thru		2x thru		3x thru		2x thru	
Side Planks x30s																								
DB Biceps x6-12																								
DB Triceps x6-12																								
SL Heel Raises x15-20																								
Stretching: Hip flexors; Ha	mstring	s, che	st			,		,		,														

- How do you prevent exertional rhabdomyolysis in your athletes?
- What is your programming for an athlete(s) returning from exertional rhabdomyolysis?

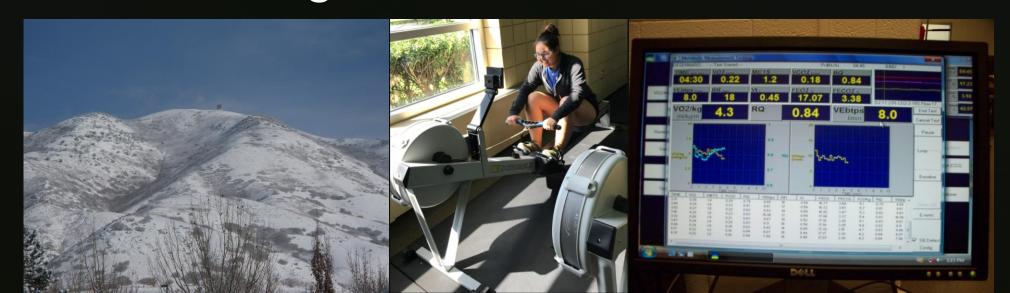
 Do you have a different approach or programming for athletes returning from an exertional heat illness?



What precautions do you take when conditioning in an extreme outside environment (e.g. high wet bulb)?



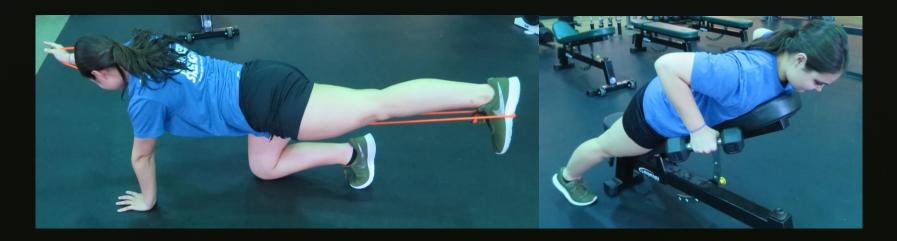
- Have you had an athlete with sickle cell trait or a cardiovascular condition?
- How did this influence your programming and coaching?



How do you adjust your training for an athlete with a respiratory condition?



- Do you have specific training for athletes in sports with high concussion risk?
- Do you have a programming approach for athletes returning from an concussion?



How do you monitor an athlete's safety in sports with weight classes or sport coaches that have set body weight ranges/requirements?



 Do you have an nutritional or post-recovery modalities that are used with athletes after a S&C session to reduce risk of dehydration or other at risk conditions?



• What is your emergency action plan for the weight room, court or outside training areas?





Are there any additional questions for the panel?





Thank you and see you next year in Orlando! CSCCa's 20th Anniversary Celebration!