

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

Question

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



Questions

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

Question

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



Question

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



Questions

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



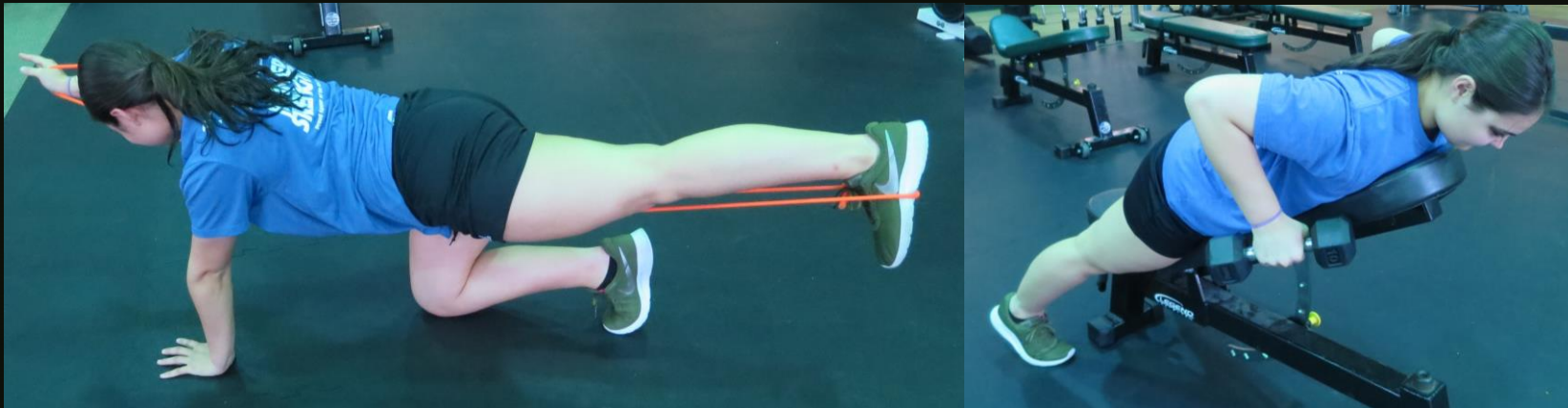
Question

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



Questions

- 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?



Question

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



Question

- Do you have any 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?



Question

- 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!**