

Athletic Training Statement:

As the spring season approaches at HRSC, the Sentara Athletic Training team wanted to send a few reminders on preventative maintenance to assist in lowering injury rates. Did you know heat illness is the leading cause of death in high school athletes, often occurring from inadequate hydration? Maintaining proper hydration, especially in hot and humid environments, is a vital component in preventing heat illness from occurring. Please see the recommendations from the Kory Stringer Institute listed below on how to ensure adequate hydration as the spring season rapidly approaches.

- Before beginning exercise, urine should be light colored (the darker the color, the more dehydrated a person is)
- Consume 17-20 ounces of water 2-3 hours *prior to* exercise
- Consume 8 ounces of water 20-30 minutes *prior to* exercise
- Consume 7-10 ounces of water every 10-20 minutes *during* exercise
- Consume 8 ounces of water within 30 minutes *after* exercise
- For every 1kg (2.2 lbs) loss in body weight, an additional 1 liter of water should be consumed
- For every 1 hour of exercise, 1 liter of a sports drink (Gatorade, Pedialyte, BodyArmor, Liquid IV, etc.) with a 6% CHO (carbohydrate) concentration should be consumed
 - Please note: sweat loss leads to fluid and electrolyte loss. Water alone does not replace electrolyte loss; therefore, a sports drink should be consumed to replenish those electrolytes (sodium, potassium, etc.)

In addition to hydration and environmental conditions, other physical injuries such as sprains, strains, and many others can result. However, there are steps to take to help prevent some of these injuries from occurring. Completing a proper warm-up and cool-down prior to and after exercise is an important component in preventing injury. Additionally, stretching both the upper body (shoulders, back, neck, etc.) and lower body (hamstrings, quads, hip flexors, etc.) muscle groups plays a key role in injury prevention, as it correlates with increased overall flexibility. Incorporating stretching into your daily routine before and after exercise may help reduce the risk of sustaining an injury.

Lastly, don't forget to protect your noggin! Did you know concussions account for approximately 22% of all soccer injuries? Concussions are traumatic brain injuries and must be treated properly to avoid further damage to the brain and to prevent neurologic deficits from resulting. Virginia state law *prohibits* same day return to play for athletes who sustain a mechanism of injury to the head/face and present with just one sign/symptom of a concussion. Additionally, a concussion policy is posted on site at the Hampton Roads Soccer Complex for all visitors to reference as needed. Please see below for a list of common concussion signs/symptoms. If you or someone you know is suspected of having a concussion, contact the Certified Athletic Trainer on site via phone at 757-567-5483 as soon as possible to have the patient properly evaluated. Please note that Athletic Trainers are scheduled to be on site only during peak hours; therefore, if there is not an ATC present at the time of injury and symptoms warrant, please go to the ER for immediate care.

Signs & Symptoms of a Concussion:

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not “feeling right” or is “feeling down”
- Appears dazed or stunned
- Forgets an instruction
- Unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loss of consciousness (even briefly)
- Shows mood, behavior, or personality changes