

Eagle Mountain Soccer Association (EMSA) Safety Guidelines

Summer (Heat) Guidelines:

Coaches:

When the temperature at or above 90 Degrees or the Heat Index is at or above 105 Degrees make sure to educate your team and players of the following.

Dress for the heat. Wear loose-fitting clothes that cover as much skin as possible. Lightweight, light-colored clothing that reflects heat and sunlight and helps maintain normal body temperature. Protect face and head by wearing a wide-brimmed hat. Avoid too much sunshine. Sunburn slows the skin's ability to cool itself. Use a sunscreen lotion with a high SPF (sun protection factor) rating.

Drink for the heat. Drink plenty of water and natural juices, even if you don't feel thirsty. Even under moderately strenuous outdoor activity, the rate your body can absorb fluids is less than the rate it loses water due to perspiration. However, if you have epilepsy or heart, kidney, or liver disease; are on fluid-restrictive diets; or have a problem with fluid retention should consult a doctor before increasing liquid intake.

Eat for the heat. Eat small meals more often. Avoid foods that are high in protein because they increase metabolic heat. Avoid using salt tablets, unless directed to do so by a physician.

Take plenty of breaks. During Practice take water breaks every 15 minutes.

Learn the symptoms of heat disorders and know how to give first aid.

Heat Disorder	Symptoms	First Aid
Sunburn	Skin redness and pain, possible swelling, blisters, fever, headaches.	Take a shower, using soap, to remove oils that may block pores preventing the body from cooling naturally. If blisters occur, apply dry, sterile dressings and get medical attention.
Heat Cramps	Painful spasms usually in leg and abdominal muscles. Heavy sweating.	Firm pressure on cramping muscles or gentle massage to relieve spasm. Give sips of water. If nausea occurs, discontinue.
Heat Exhaustion	Heavy sweating, weakness, skin cold, pale and clammy. Weak pulse. Normal temperature possible. Fainting, vomiting.	Get victim to lie down in a cool place. Loosen clothing. Apply cool, wet cloths. Fan or move victim to air-conditioned place. Give sips of water. If nausea occurs, discontinue. If vomiting occurs, seek immediate medical attention.
Heat Stroke (Sun Stroke)	High body temperature (106+). Hot, dry skin. Rapid, strong pulse. Possible unconsciousness. Victim will likely not sweat.	Heat stroke is a severe medical emergency. Call 9-1-1 or emergency medical services or get the victim to a hospital immediately. Delay can be fatal. Move victim to a cooler environment. Try a cool bath or sponging to reduce body temperature. Use extreme caution. Remove clothing. Use fans and/or air conditioners. DO NOT GIVE FLUIDS.

NOTE to Parents and Coaches: Remember no drinks with caffeine on game day, no soda on game day, drinking 8 to 12 ounces of water or Gatorade in the one hour prior to the game and every 8 ounces every hour, eat bananas morning of, have both water and Gatorade for the kids not just one or the other.

Referees:

Follow the same rules as for the coaches. Make sure you have water near the field for yourself and your assistant referees. Make sure that your water bottles (or Gatorade/Power Aid Bottles) are not interfering with play.

When the temperature is at or above 90 Degrees or the Heat Index is at or above 105 Degrees make sure to educate your team and players of the following. EMSA requires a mandatory water break half way through the halves for age groups U9 and UP and extend the quarter breaks for U8 and below by 2 minutes.

Remember, that all players that are on the field must remain on the field. If any player is showing signs of heat problems allow the coach to substitute the player, remember the safety of the players is the number one concern.

Field Marshals:

Help the coaches, parents and referees help with temperatures at or above 90 Degrees or the Heat Index is at or above 105 Degrees. Ensure that the tents are put up including the field marshal tent. Remember the field marshal primary goal is to ensure safety of players, parents, coaches and referees.

Winter (Cold) Guidelines:

Coaches:

When the temperatures is at or below 40 Degrees and the Wind Chill is at or below 35 Degrees consider the safety of everyone involved, if needed cancel practice and reschedule.

The best way to dress for winter is to wear layers. This gives you flexibility to add or remove layers, depending on the weather and your activity.

Remember put all layers under the uniforms. The jerseys must be on the outside of the coat, thermal underwear, etc...

Up to 60 percent of your body's heat can escape from an uncovered head, so wearing a hat, headband or helmet is essential when it's cold.

Look for gloves and mittens that use waterproof, breathable fabrics. Mittens, in general, are warmer than gloves, but offer you less dexterity.

Frostbite and Hypothermia First Aid

Frostbite

Frostbite is a severe reaction to cold exposure that can permanently damage its victims. A loss of feeling and a white or pale appearance in fingers, toes, or nose and ear lobes are symptoms of frostbite.

Hypothermia

Hypothermia is a condition brought on when the body temperature drops to less than 90°F. Symptoms of hypothermia include uncontrollable shivering, slow speech, memory lapses, frequent stumbling, drowsiness, and exhaustion.

If frostbite or hypothermia is suspected, begin warming the person slowly and seek immediate medical assistance. Warm the person's trunk first. Use your own body heat to help. Arms and legs should be warmed last because stimulation of the limbs can drive cold blood toward the heart and lead to heart failure. Put person in dry clothing and wrap their entire body in a blanket. Never give a frostbite or hypothermia victim something with caffeine in it (like coffee or tea) or alcohol. Caffeine, a stimulant, can cause the heart to beat faster and hasten the effects the cold has on the body. Alcohol, a depressant, can slow the heart and also hasten the ill effects of cold body temperatures.

EMSA Normal Guidelines:

EMSA normally cancels games (especially for younger age groups) when the temperature is expected to be at or below 40 Degrees EMSA may only cancel morning games, depends on the forecast. (Remember to call the Rainout / Cancellation line).

Referees:

Same as for the coaches, make sure that your referee uniform is on the outside of our coat, thermal underwear etc...

Field Marshals:

Help the coaches, parents and referees help when the temperatures is at or below 40 Degrees and the Wind Chill is at or below 35 Degrees. Ensure that the tents are put up including the field marshal tent. Remember the field marshal primary goal is to ensure safety of players, parents, coaches and referees.

High Wind Guidelines:

Coaches:

If winds are gusting at or above (or are forecast to become) 30 MPH - **No** Field Tents will be allowed. This is for the safety of the parents and players as these tents could seriously injure someone and our goal is safety. Remember the referees and field marshals will need assistance in shagging soccer balls and make sure that you have two game balls available if you are the home team.

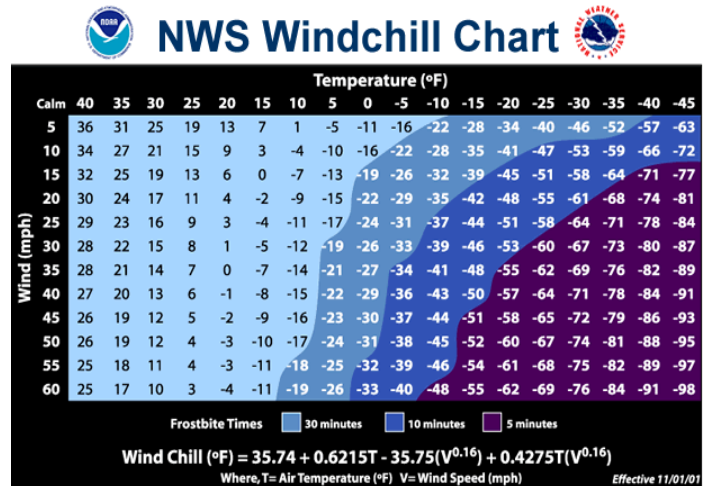
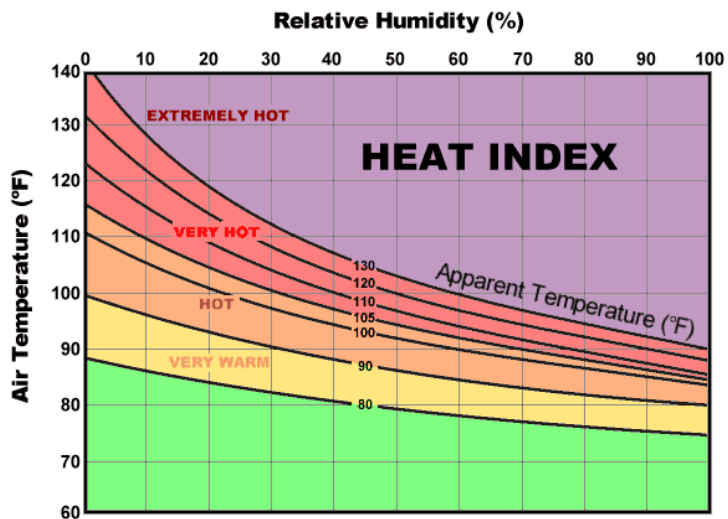
Referees:

If winds are gusting in excess of 25 MPH – Get assistance from coaches and parents to help shag soccer balls, make sure and have two game balls available. Remember, we want the kids to be able play soccer not chase after the soccer balls.

Field Marshals:

Help the coaches, parents and referees help with winds at or above 25 MPH. Ensure that the tents are not put up including the field marshal tent. Remember the field marshal primary goal is to ensure safety of players, parents, coaches and referees.

Some Quick Reference Charts



Category	Classification	Heat Index/Apparent Temperature (°F)	General Affect on People in High Risk Groups
I	Extremely Hot	130°F or Higher	Heat/Sunstroke HIGHLY LIKELY with continued exposure
II	Very Hot	105°F - 130°F	Sunstroke, heat cramps, or heat exhaustion LIKELY , and heatstroke POSSIBLE with prolonged exposure and/or physical activity
III	Hot	90°F - 105°F	Sunstroke, heat cramps, or heat exhaustion POSSIBLE with prolonged exposure and/or physical activity
IV	Very Warm	80°F - 90°F	Fatigue POSSIBLE with prolonged exposure and/or physical activity