ACCLIMATIZATION

Acclimatization means to adjust to the environment. Your body will need to physiologically adjust to working out twice a day during the hot August days. Your bodies will cool more efficiently by increasing sweat production sooner if you are acclimatized. Heat related injuries are preventable through proper conditioning and acclimatization. Ultimately, only you can be responsible for your body’s physical condition and the ability to avoid injuries through being properly prepared and acclimatized.

GET INTO GREAT SHAPE and GET USED TO THE HEAT NOW
Athletes must begin to adjust to working out in the heat and sun. DO NOT use preseason training to get into shape. It will be too late and may result in unnecessary injuries.

At this time, you must begin to perform some of your summer conditioning workouts at the approximate times of your preseason training sessions. As an example, if you currently are doing all of your conditioning late at night, very early in the morning, or in an air-conditioned facility, you will not be acclimatized to practicing outdoors in August. To safely acclimatize your bodies in the warmer temperatures, it is also very important that you are properly hydrated. If the temperature and humidity is dangerously high then you must limit your conditioning to very moderate workouts or postponed to a cooler time of the day. Avoid working out in the peak times of the day when temperatures, humidity, and air quality levels are reported to be dangerous. Also, wear light clothing and leave as much skin as possible exposed. Please do not use any type of thermal clothing or rubber suits while performing your workouts, as this is extremely dangerous, as they may lead to heat related injuries or death.

Prevention of Heat Related Illnesses
Preventing Heat Illness

- Monitor weight loss by weighing in before and after practice
- Watch urine color – minimal output and or dark yellow urine indicates dehydration
- Avoid caffeine intake
- Drink before you get thirsty
- Expose as much skin as possible - avoid any unnecessary tape, wraps, or sleeves whenever possible
- Take a cool shower immediately after each session to cool down the body
- Do not miss any team meals – you need to eat a balanced meal in order to replace electrolytes and mineral and to drink additional fluids
- If you are sick - high fever or loss of fluids from vomiting or diarrhea – do not work out! Rest & Replace Fluids.
Signs of Dehydration & Heat Stress

- Thirst
- Cramps
- Irritability
- Headache
- Weakness
- Dizziness
- Nausea
- Decreased performance
- Diarrhea
- Loss of appetite

Staying Hydrated - bring a water bottle or small water cooler to preseason camp

**Drink throughout the day**
- Drink at least 17-20 oz. of (3/4 water bottle) water 2 to 3 hours BEFORE practice
- Drink an additional 7-10 oz. (1 cup) of water 10-20 minutes before practice
- Drink 7-10 oz. (1 cup) every 15 minutes of practice
- Drink 20 oz. (3/4 water bottle) of water for every one-pound of weight loss that occurred and drink it within two hours of finishing practice
- Drink an additional water bottle 2-3 hours prior to going to bed at night

Foods & Drinks that replace Electrolytes & Minerals

- Baked potatoes
- Oranges
- Orange Juice
- Sport drinks that are 8% or less in carbohydrates
- Bananas
- Normal/additional use of salt on foods
- Pretzels
- Pickles
- Tomato Juice

Avoid

- Carbonated beverages containing caffeine
- Alcohol
- Ice Tea
- Lemonade
- Coffee/Tea
- Fruit Juices – grape juice, punches, etc.
- Grapefruit juice
PREVENTION OF STAPH AND MRSA INFECTIONS

Prevention of Staph and MRSA Infection Handout
Official Statement from the National Athletic Trainers’ Association on Community-Acquired MRSA Infections (CA-MRSA)

In an effort to educate the public about the potential risks of the emergence of community acquired methicillin-resistant staphylococcus infection (CA-MRSA), the National Athletic Trainers’ Association (NATA) recommends that health care personnel and physically active participants take appropriate precautions with suspicious lesions and talk with a physician.

According to the Centers for Disease Control and Prevention (CDC), approximately 25% to 30% of the population is colonized in the nose with Staphylococcus aureus, often referred to as "staph" and approximately 1% of the population is colonized with MRSA1. Cases have developed from person-to-person contact, shared towels, soaps, improperly treated whirlpools, and equipment (mats, pads, surfaces, etc.). Staph or CA-MRSA infections usually manifest as skin infections, such as pimples, pustules and boils, which present as red, swollen, painful, or have pus or other drainage. Without proper referral and care, more serious infections may cause pneumonia, bloodstream infections, or surgical wound infections.

In our experience, HYGIENE is the key to prevention. Since many athletes prefer to shower in their dorm rooms or apartments, we recommend the use of an antiseptic antimicrobial skin cleanser. One such product, Hibiclens, can be purchase at most pharmacies. More information on Hibiclens can be found on their website: http://www.hibigeebies.com/sports/about.asp

Maintaining good hygiene and avoiding contact with drainage from skin lesions are the best methods for prevention.

Proper prevention and management recommendations may include, but are not limited to:

1. Keep hands clean by washing thoroughly with soap and warm water or using an alcohol-based hand sanitizer routinely.
2. Encourage immediate showering following activity.
3. Avoid whirlpools or common tubs with open wounds, scrapes or scratches.
4. Avoid sharing towels, razors, and daily athletic gear.
5. Properly wash athletic gear and towels after each use.
6. Maintain clean facilities and equipment.
7. Inform or refer to appropriate health care personnel for all active skin lesions and lesions that do not respond to initial therapy.
8. Administer or seek proper first aid.
9. Encourage health care personnel to seek bacterial cultures to establish a diagnosis.
10. Care and cover skin lesions appropriately before participation.


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DRUG TESTING & SUPPLEMENT USE

All student athletes may be randomly selected for drug testing according CCSU’s Institutional Drug-Testing Program of Intercollegiate Athletics. More information regarding CCSU’s drug testing program, including banned substances and the consequences for positive drug tests can be found in the student-athlete handbook and on the Blue Devil website http://www.ccsUBLUEDEvils.com/athletics/compliance/drugeducation.pdf

In addition to CCSU’s Institutional Drug Testing Program, student athletes may also be selected for the NCAA out-of-competition (year-round) drug testing program. More information regarding drug testing, including the NCAA banned substance list can be found on the following link: NCAA Drug Testing http://ncaa.org/drugtesting

Please remember that supplements may contain banned substances. Any supplements / performance enhancing aids (vitamins, amino acids, creatine, and/or any other dietary supplements) that you take may result in a positive drug test. You are responsible for investigating the supplement for NCAA banned ingredients through the Resource Exchange Center (REC).

- **Resource Exchange Center (REC)** is a free, confidential source of information available to all involved with NCAA athletics. http://www.drugfreesport.com/rec/ - Select NCAA Division I and enter **PASSWORD: ncaa1**.

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CHECKLIST FOR ATHLETIC TRAINING MEDICAL SCREENING

Please keep the following in mind when you arrive for your preseason Athletic Training Medical Screening in August or September. The specific date & time of this mandatory screening will be given to you by your coach.

**Athletic Training Medical Screening**

Dress - Please wear gym style shorts, socks, and a T-shirt. **DO NOT WEAR JEANS OR DRESS SHORTS**. Female athletes should wear a tank top with a sport bra underneath it. You will be screened for height, weight, flexibility, posture, and previous orthopedic injuries. Athletes who do not dress appropriately will not be screened and are ineligible to practice.
Medical Questionnaire
For your Athletic Training Medical Screening all athletes will be required to fill out a Medical History Questionnaire during the Athletic Training screening process. For new athletes to CCSU (freshman and transfers) the medical history is detailed and you will often be required to provide dates of significant past injuries and/or illness. For returning athletes the medical questionnaire is an update of injuries/illness for the past one year.

Medications* – Prescription, Over-the Counter, & Supplements
You will be required to list the names all prescribed medications, over-the-counter medications and supplements along with the dosages. Please bring a reminder note listing all medications and dosages that you are presently taking or had taken in the past one year for prescription (including asthma inhalers) and supplements.

* Important: The National Collegiate Athletic Association (NCAA) requires that all athletes on stimulant medication for the treatment of ADD/ADHD provide adequate documentation of diagnosis and treatment to allow for a medical exemption. Stimulant medications are typically banned for use by NCAA athletes unless medical necessity is clearly documented. Please remember to inform athletic training should your status change and you are prescribed medications by your physician at any time throughout the year.

Asthma Inhalers
Athletes who use inhalers should bring a second inhaler that will be kept in the possession of the athletic training staff. The inhaler must be clearly marked with your name and prescription.

Epi Pens for Allergic Reactions
Athletes who have epi-pens prescribed to them in the event of an allergic reaction should bring a second one that will be kept in the possession of the athletic training staff. The epi-pen must be clearly marked with your name and prescription.

Recent Injuries, Surgery, and Physical Therapy
Athletes who have had a serious injury or surgery in the past 12 months must bring a note stating that their physician has cleared them for full participation in their particular sport. Athletes who have been receiving physical therapy must also bring a note from their physician if rehabilitation is to be continued. Also, athletes should bring copies of all physical therapy notes if rehabilitation is to be continued at CCSU.

Blister Prevention
Preseason training is NOT the time to break in brand new athletic shoes. Bring a pair of used athletic shoes to alternate with your new ones. Also bring a pair of sport sandals or flip-flops to allow your feet to air out between double sessions. A fresh pair of socks for each practice session helps to prevent blisters.

Hydration
For those athletes reporting to preseason camp in August. Critical hydration consumption takes
place well before practice and again post practice, so please bring a water bottle or small cooler with you to camp to keep in your rooms.

Final Reminder: In order to participate in team practices or conditioning sessions, all athletes must have the following on file:

University pre-entrance physical including lab work. **Freshman or first year only.**
Sports Physical **Freshman year or first year only.**
Impact Baseline Test for Concussions at CCSU Health Services. **Freshman year or first year only.**
Sickle Cell Trait (per NCAA, August 2010 mandate) Status. **Freshman or first year only.**
Status confirmed by:
1. Provide written proof of prior sickle cell screening test from your primary care doctor or health care provider.
2. Obtain sickle cell trait test either through your PCP or through CCSU Health Services
3. Sign a waiver release form to decline testing.
A current Emergency Contact / Insurance Information Form. **All athletes annually.**
Please be sure information is current and accurate. If your insurance changes at any time throughout the year, please provide athletic training with a current card.
Concussion Injury and Disclosure Form (per NCAA, August 2010 mandate) this will be completed on your team’s athletic training medical screening date TBD. **All athletes annually.**
Health Service Medical History Update and Blood Pressure /Pulse Screening. **For returning athletes only.**
Athletic Training Medical History will be completed on your team’s athletic training medical screening date TBD. **All athletes annually.**

**ATHLETES WILL NOT BE ALLOWED TO PRACTICE UNTIL EVERYTHING LISTED ABOVE IS COMPLETE AND ON FILE.**

**ATHLETE SURVIVAL KIT CHECKLIST:**

You are an adult and must be responsible for your well-being. At times you need to take care of yourself and we suggest that you pack the following:

- Current Insurance Card
- Medications – small bottle
  - Acetaminophen or brand name Tylenol
  - Ibuprofen or brand name Motrin, Aleve, Advil
  - Cold medication
- Prescription Medications
- First Aid
- Band Aids
- Antibiotic Ointment - Bacitracin
- Baby Powder
- Digital Thermometer
- Sunscreen 70 SPF

- Hygiene
  - Shower Sandals or Sport Sandals
  - Hibiclens Soap

- Hydration and Nutrition
  - Granola Bars
  - Protein Bars
  - Sport Drink
  - Water bottle or small water cooler