IN THE GAME

+ Nausea

Asthma attacks

sensations

Muscle twitching and tingling

What Coaches Can Look for and Do to Protect Youth Athletes

Have children wash their hands after Talk to your athletes. Ask them how they're feeling. Encourage them to tell playing on athletic fields, especially you how they're feeling. before they eat. Require parents and caregivers to let Look for signage indicating a pesticide you know if their child has: application has taken place. Keep athletes away from areas that have Allergies or asthma recently been sprayed with pesticides. Medications Indoors, keep athletes away from pest Any limitations on physical activity bait or traps. + Special medical considerations Discourage spectators from smoking Watch for symptoms of poor air quality: at outdoor activities. + Coughing and sneezing Encourage parents and caregivers + Eye, nose, or throat irritation to turn off car engines while they're waiting to pick children up. Chest tightness and shortness of breath Use the Air Quality Index + Fatique and dizziness (www.airnow.gov) to help plan + Nausea outdoor practices and games. Skin irritation Request indoor practices or games Asthma attacks be moved if the venue is undergoing indoor renovations or improvement Respiratory problems projects. Stop the practice or game immediately and ensure athletes get proper medical Request practices or games be moved care if they show symptoms of chemical if the playing field is near heavy or pesticide exposure: vehicular traffic. + Headaches and dizziness Coaches are in a unique position to help ensure the health and safety + Eye, nose, or throat irritation of young athletes. Learn more at Weakness www2.epa.gov/children.

