



Preseason Checklist for Safety: Athletes & Parents

GET A SPORTS PHYSICAL

- Make sure you're healthy enough for physical activity!
- Physicals be scheduled completed annually
- Schedule with your PCP or visit an urgent care facility for a sports physical
- Did you know that ExpressMED partners with Safe Sports Network to provide affordable physicals at the [downtown Manchester location](#)?!
 - Call 603-627-8053 to schedule an affordable physical.

MAINTAIN/IMPROVE CARDIOVASCULAR FITNESS

- Trying to jump right into sports without proper training is a recipe for injury.
- If you didn't receive off-season programs from your coaches, begin increasing your physical activity gradually so you can safely prepare to handle the demands of sport.
- If you need support with your physical and mental preparation for sports, **contact us** at 603-627-9728 or dawn@nhmi.net.

ExpressMED HOME PATIENTS EMPLOYERS **LOCATIONS** WHO WE ARE JOBS

Manchester
DOWNTOWN

Our newest clinic in Downtown Manchester is a convenient spot for those in and around the Queen City. Just one block east from the intersection of Bridge Street and Elm Street, our clinic on Kosciuszko Street (or K Street as we call it) is located in the same building as Apple Therapy Services. With plenty of free, dedicated off-street parking behind the building, we are ready to care for our patients when they need us.

- 📍 35 Kosciuszko Street
Manchester, NH 03101
- ☎️ (603) 627-8053
- 📠 (603) 627-4241
- 🕒 Monday-Friday 8am-6pm
Closed Wednesdays In Summer

GET DIRECTIONS



- **COMMUNICATE CONDITIONS/MEDICAL NEEDS**
 - Do you have a medical condition like asthma or food allergies?
 - Be sure you record all your medical conditions and needs accurately on registration paperwork **and** have a conversation with your coaches and athletic trainer at the start of the season, so everyone knows how to best care for your needs.

- **FUEL YOURSELF PROPERLY**
 - Just like a car cannot run without gas, your body cannot perform without energy (food).
 - This is especially true during preseason workouts, when your body's calorie needs increase due to intensified energy demands.
 - To play at your best, you need to give your body the best fuel.
 - Skip the supplements and choose whole-food sources. Eat whole grains, lean meats, fresh fruits and vegetables. Limit processed foods and simple sugars.
 - Find more information at
 - www.usada.org/resources/nutrition
 - <http://www.usada.org/resources/nutrition/vitamins-minerals-and-other-supplements>
 - <http://www.usada.org/substances/supplement-411>

- **ENSURE YOU ARE HYDRATED**
 - Good hydration habits are essential to reaching peak performance.
 - Plan ahead by practicing good hydration habits before preseason and prioritize staying hydrated throughout the season.
 - Good hydration habits include drinking before, during and after exercise.
 - Find more information at
 - <http://www.usada.org/resources/nutrition/fluids-and-hydration>

- **PRIORITIZE ADEQUATE REST AND HEALTH SLEEP HABITS**
 - Average adolescents need 10-12 hours of sleep each night.
 - Intense workouts require proper rest/sleep in order to recover fully and avoid injury/illness.
 - Adequate rest/sleep not only helps avoid injury but can enhance performance!
 - If you haven't heard about good sleep hygiene, you need to!
 - Find more information at
 - <http://sleepfoundation.org/sleep-tools-tips/healthy-sleep-tips>



□ **LEARN ABOUT CONCUSSIONS**

- Concussions can occur from a variety of mechanisms – and you don't have to lose consciousness to have a concussion!
- Common concussion symptoms include headache, dizziness, fogginess, sensitivity to light/noise or generally not feeling well.
- Don't ignore these symptoms – whether it's your own body or a teammate.
- It's important that you bring your concerns to your coach and athletic trainer to avoid situations that can lead to slower recovery.
 - Refer to the [Safe Sports Network Head Injury Warning Sheet for more information](#).

□ **EQUIPMENT CONSIDERATIONS**

- Ensure you have proper fitting clothing, protective equipment, mouth guards, footwear, etc.
- Don't share equipment with teammates; it may not fit properly and could spread contagious skin conditions!
- Practice good hygiene by showering after practices/games and washing/drying equipment between uses.
- Find more information at
 - <https://www.nata.org/sites/default/files/football-helmet-handout.pdf>
 - <http://www.nata.org/sites/default/files/skin-disease-handout.pdf>

□ **BE HEAT SAFE**

- Lack of acclimatization can make the effects of heat on the body much worse.
- Heat acclimatization protocols are put in place by NHIAA and the Safe Sports Network to help athletes meet the demands of warm weather in preseason.
- Be on the lookout for signs of heat illnesses in yourself and your teammates.
- Heed the guidance if your athletic trainer or coach restricts practices/competitions due to dangerous environmental conditions.
- Wear light colored clothing and get cool between sessions, whenever possible.
- Find more information at
 - https://www.nata.org/sites/default/files/hydration_heat_illness_handout.pdf
 - <https://koreystringer.institute.uconn.edu/heat-acclimatization/>

□ **CHECK IN WITH YOUR COACHES**

- Did you know that Safe Sports Network trains hundreds of coaches in CPR/AED and First Aid annually?
- If you would like more information about CPR/AED or other emergency skills courses, contact Dawn at dawn@nhmi.net