



LET'S KEEP KIDS IN THE GAME

What Coaches Can Look for and Do to Protect Youth Athletes

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