

## Colorado High School Activities Association

4/6/2026

Spring 2026



### Head, Heart and Heat

Click Below:

[Head](#)

[Heart](#)

[Heat](#)

### Sports Medicine Advisory Handbook

Click Below:

[HANDBOOK](#)



#### PURPOSE

The CHSAA Sports Medicine Advisory Committee is a collective group of medical and educational professionals whose expertise provides current information to the association membership. It is designed to reflect and evaluate information provided throughout several resources.

#### MISSION

The mission of the Sports Medicine Advisory Committee (SMAC) is to provide information, vision, and guidance to the Colorado High School Activities Association (CHSAA), while emphasizing the health and safety of students participating in interscholastic sports and activities.

### Hydration/Dehydration

#### DEFINITION OF DEHYDRATION

- A mismatch between water intake and body water loss -
- Dehydration is impacted by the intensity of exercise, the environment and availability of fluids -

#### SYMPTOMS OF DEHYDRATION

Thirst | Irritability | Cramps | Headache | Nausea/Vomiting | Fatigue/Weakness/Dizziness | Decreased Performance

#### PREVENTION OF DEHYDRATION

- Develop a hydration strategy: drink before, during, and after exercise. Hydration plans need to be individualized.
- Daily hydration habits are important for overall hydration status.
- Monitor hydration by evaluating urine color – A light color like lemonade indicates adequate hydration and a darker color like apple juice indicates dehydration.
- Fluid volumes needed to maintain hydration vary by size of the athlete, athlete's sweat rate, and intensity of exercise.

Time	Fluids Consumed
4 hours before	16 fluid ounces of water (about 1 water bottle)
10-15 minutes before	8 fluid ounces of water
Every 15 minutes when exercising for < 1 hour	4 fluid ounces of water (2-3 large gulps)
Every 15 minutes when exercising vigorously for > 1 hour	4 fluid ounces of sports drink (2-3 large gulps)
Do not drink > 1 quart per hour during exercise	
Young athletes should continue to hydrate 2-3 hours after event	
Consume 20-24 fluid ounces (1 to 1 ½ water bottles) of water or sports drink for every pound lost during exercise	

# Asthma/Exercise Induced Wheezing Protocol

**\*MAY IS NATIONAL ASTHMA AND ALLERGY AWARENESS MONTH\***

## DEFINITIONS

- Asthma is a chronic lung condition which causes obstruction of the airways (breathing tubes) due to inflammation (irritation and swelling) of the lining of the airways and tightening of the airways.
- Athletes with asthma can have worsening symptoms due to exercise.
- Some people without asthma can have wheezing with exercise, which is when exercise and exposure to cold dry air or pollutants causes breathing difficulty due to narrowing of the airways.

## SYMPTOMS

Coughing | Wheezing (noise when breathing out) | Difficulty Breathing | Chest Tightness | Fast Breathing | Have Trouble Speaking | Blue Color of Lips or Skin | Retractions (skin above the collar bones or between the ribs gets sucked in with each breath)

## MANAGEMENT

- Stop exercise → Remove the athlete from area if something in the environment seems to have caused the attack (see air quality section of [handbook](#)).
- Have the athlete use their inhaler (albuterol). They should be using a “spacer” device that goes on the end of the inhaler and take 2-4 puffs. If there is no improvement after the initial 2-4 puffs, consider transporting via EMS.
- Help them try to relax and control breathing, but do not delay medication to do this.
- Activate EMS by calling 911 if athlete is confused, loses consciousness, turning blue, or has severe difficulty breathing which does not respond to inhaler.

## PREVENTION

**It is the responsibility of the athlete/legal guardian to notify their coach/school if they have been diagnosed with one of these conditions at any time.**

- Coaches must know if the athlete has a history of asthma or wheezing with exercise.
- Using an inhaler before exercise may help prevent breathing difficulty. This should be done at the direction of the athlete’s medical provider.
- Regular exercise may help decrease asthma and breathing related problems.
- Proper warm up may help decrease asthma attacks.
- Athletes known to have asthma should not exercise in extreme temperatures or if there are high levels of pollution in the air (including smoke & pollens).
- All athletes with asthma should see their medical provider regularly to manage their disease.

For complete CHSAA Asthma/Exercise Induced Wheezing Protocol information, please go to 

# Lightning and Tornado Protocols

## LIGHTNING

**Approximately 50-60% of lightning casualties occur during organized sports or recreational activities.**

### IMPORTANT INFORMATION

- Strongly recommended that an independent and objectively verified weather app be available at all outdoor activities.
- Assign a staff member to monitor local weather conditions before and during practices and contests.
- When thunderstorm seems imminent, lightning is seen or heard, or weather app indicates lightning is within 10 miles outdoor venue needs evacuated.
- Once play has been suspended, wait at least 30 minutes after the last thunder is heard or lightning is witnessed to resume.
- Hearing thunder or seeing lightning should always take precedence over info from an app or lightning-detection device.
- Review the lightning safety policy annually with all administrators, coaches and game personnel and train all personnel.
- When a weather app is not available, the default NFHS policy that appears in the rules book of each sport shall be followed.
- People who have been struck by lightning do not carry an electrical charge and are safe to be touched by others.

## TORNADO

**Tornado Watch** – indicates tornadoes are possible.

**Tornado Warning** – tornado siren sounds signaling tornado sighted or indicated by radar.

### IMPORTANT INFORMATION

- Develop a tornado specific EAP for each venue or event.
- Designated weather watcher notifies site/AD of approaching storm & communicates direction & speed of storm.
- If tornado warning is initiated, immediate event delay should be implemented & all onsite should SEEK SHELTER IMMEDIATELY.
- Safe shelter from tornado = inside lowest building level, away from exterior walls/windows, with windows closed.
- Tornado warning will expire after duration specified by National Weather Service and weather watcher notifies site director that warning has ended.

For complete CHSAA Lightning and Tornado Protocols information, please go to 

**For all CHSAA Sports Medicine Advisory Committee Information, visit**



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