

Heat Safety

Through the years, the medical community has developed a better understanding of injuries related to dangerous increases in body temperature. Though the underlying processes are not totally understood, several important steps can be taken to decrease the likelihood of heat-related injuries. TBB coaches understand these risks and take several proactive measures, including:

- Frequent water breaks - particularly during warmer months and early-season practices
- Mandatory periods of acclimation – your coach will explain the progression, during which our athletes practice with progressively more equipment before they are in full pads
- Guardian caps – which lower helmet temperatures 15-20%

Parents also play an important role in keeping players cool

- Always send your child to practices and games with plenty of cold water. COVID rules prohibit communal water coolers, so please plan accordingly
- On very warm days, consider sending extra ice water in a small cooler for your child to pour over their head and neck during breaks
- Talk with your child about speaking up. Feeling lightheaded or nauseated on warm days can be signs of dehydration or heat stress. Players should tell a coach if they are feeling this way during a practice or game