

TUES-NEWS

JUST WEEKS AWAY FROM THE FIRST WHISTLE



partnered w/



BROUGHT TO YOU BY
TAMMIE NEWMAN,

DIRECTOR OF
COMMUNICATIONS/PUBLIC
RELATIONS



Be sure to take precautions this summer when scheduling outdoor activities and athletic events. Students and staff should always be carefully monitored. Hydrate! Hydrate! Hydrate!

Updates provided to member schools by the SCHSL staff on a weekly basis.

SC HEAT is in full effect

[SKIP LAX, ASSOCIATE COMMISSIONER](#)

Be mindful of extreme heat and humidity during the summer and monitor conditions during any activities for your students to ensure safe participation. You are encouraged to review safety tips and WET BULB GLOBE THERMOMETER guidelines found on our website at <http://schsl.org/index.php/heat-stress/>



JAN HOGAN,
DIRECTOR OF TECHNOLOGY

Cross Country, Girls Golf, Girls Tennis & Swim Schedules are due August 1, 2019. New format this year...On-line forms ahead. Questions? Contact 803.896.9560 or jan@schsl.org

HEAT EXHAUSTION OR HEAT STROKE?

HEAT EXHAUSTION SYMPTOMS

1. Faint or dizzy
2. Excessive sweating
3. Cool, pale, clammy skin
4. Nausea, vomiting
5. Rapid, weak pulse
6. Muscle cramps

HOW TO TREAT IT

1. Move to cooler location
2. Drink water
3. Take a cool shower or use cold compresses



HEAT STROKE SYMPTOMS

1. Throbbing headache
2. No sweating
3. Body temp above 103°
Red, hot, dry skin
4. Nausea, vomiting
5. Rapid, strong pulse
6. May lose consciousness

HOW TO TREAT IT

1. Get emergency help
2. Keep cool until treated

For assistance, please contact Skip Lax @ 803.896.9267 / skip@schsl.org



*All meetings are held at the SCHSL Office located at 121 Westpark Blvd., Columbia, SC.

July 16-
Swim Directors Meeting... 2pm

July 17-
NEW Superintendents Orientation... 10am

July 22-
NEW Executive Committee/Appellate Panel Members Orientation... 10am



Summer Office Hours

The SCHSL Office is closed on Fridays during the summer months. We operate Monday-Thursday, 7:30am-4:00pm. We will return to Friday workdays on August 2, 2019.

Tues-News will arrive via email every Tuesday afternoon. We ask that you share with your athletic staff and school administrators.

You will also receive Seasonal Bulletins and an Annual Report during the upcoming school year.

Share your communication ideas and feedback with Tammie Newman directly at 803.896.0417 or tnewman@schsl.org

RYAN BETHEA, PLANETHS



planetHS
Powering ArbiterAthlete™

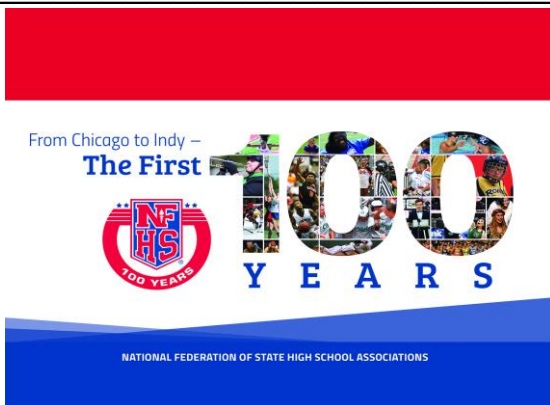
- The PlanetHS Student Eligibility Support Guide has been updated for the 2019-2020 school year. Please visit <http://schsl.org/index.php/learning-center/> to download a copy today!
- New Principals and Athletic Directors who did not attend the SCHSL workshop last week can e-mail Ryan Bethea at ryanbethea@planeths.com to obtain credentials on PlanetHS. Accounts will be required to submit eligibility and transfer forms this school year!
- Fall rules clinics will be available on PlanetHS, beginning next Friday, July 26. The final day of the clinics will be August 21. Be on the lookout for more information in next week's Tues News!

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