

TUES-NEWS

 **CLOCKS TICKING DOWN** /  **TEMPERATURES GOING UP**



TIP: Visit NFHS Learning Center for a promising start to the school year. Share this FREE informative video with parents:
<https://nfhslearn.com/library/videos/478>



Summer Health and Safety

SKIP LAX, ASSOCIATE COMMISSIONER

- Clarify** the difference between heat exhaustion and heat stroke symptoms so athletes know to slow, modify, or stop a workout before a medical emergency arises.
- Athletes should have unrestricted **access to water/fluids**. Hydration before and during exercise can help prevent heat illnesses and emergencies. **Thirst is felt after the body has already become dehydrated.**
- Schedule adequate **rest breaks in shaded areas** during high heat. The ambient temperature, humidity, wind, sun, and **type of field** (*artificial turf is hotter than grass*) are all factors. Make sure someone is equipped and responsible for monitoring weather conditions; [wet bulb globe monitoring measure](#) is considered best.
- Be prepared for inclement weather conditions and remain alert for a potential student or staff health emergency.

BROUGHT TO YOU BY **TAMMIE NEWMAN**, DIRECTOR OF COMMUNICATIONS/PUBLIC RELATIONS

Weekly updates provided to member schools by the SCHSL staff.



WINTER AND SPRING SPORTS ARE NOW IN CLOSED SEASON



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

August 6-7
Executive Committee Meetings

August 8
NEW Middle School Principals/ADs Workshop...9am

August 10
Volleyball Officials State Clinic

Now-August 21
Fall Rules Clinics On-Line

Looking Ahead:
Fall Living Clean Week
October 14-19

NFHSLearn.com courses:

Reminder: ALL coaches must take these four courses prior starting practice and must also be CPR/AED certified.

****Click on graphics below to view each course. ****

CHARLIE WENTZKY, ASSISTANT COMMISSIONER



Concussion



Sudden Cardiac Arrest



Heat-Illness Prevention



Protecting Students from Abuse



