

# YOUTH SPORTS SAFETY ALLIANCE™

## Avoiding Asthma's Pitfalls



Approximately 7 million children in the U.S. under the age of 17 suffer from asthma, a common chronic inflammatory disease that affects the suffers' lungs.<sup>1</sup> The most common symptoms exhibited are difficulty breathing, wheezing, coughing, and chest pain. The cause of asthma attacks vary, however some factors such as allergies, colds, or vigorous exercise can lead to an attack. Studies show that approximately 80 to 90 percent of all individuals who have allergic asthma will also experience symptoms of exercise-induced asthma with vigorous exercise or activity, and for many teenagers this is often the most common cause of asthma symptoms.<sup>2</sup> With the proper

management of asthma, most people can still participate and excel in sports.

So how can your youth athlete avoid exercise-induced asthma (EIA)?  
Check out these tips:

- The athlete should consult their physician before starting an exercise program, and take all asthma medications prescribed.<sup>3</sup>
- When trying new sports, slowly increase the duration of the activity and intensity.<sup>3</sup>
- Start with a 5-10 minute warm-up before the main exercise session.<sup>3</sup>
- Perform a 10-30 minute cool down after exercise, as this is when EIA most commonly occurs.<sup>3</sup>
- Asthma attacks are most common in cold, dry air, so when exercising in a colder climate the athletes should wrap a scarf/mask around the face to warm and humidify the air.<sup>4</sup>
- Athletes should avoid exercise when suffering from a cold or other respiratory illness.<sup>3</sup>
- Athletes should breath through their nose during exercise.<sup>5</sup>

<sup>1</sup> NCHS data Brief (94), May 2012: Trends in Asthma Prevalence, Health Care Use, and Mortality in the United States, 2001-2010

<sup>2</sup> Asthma and Allergy Foundation of America. [www.aafa.org](http://www.aafa.org).

<sup>3</sup> Iowa High School Athletic Association. (n.d.). Asthma and Athletes. Retrieved April 27, 2016, from [https://www.iahsaa.org/Sports\\_Medicine\\_Wellness/Miscellaneous/Asthma.pdf](https://www.iahsaa.org/Sports_Medicine_Wellness/Miscellaneous/Asthma.pdf)

<sup>4</sup> <https://www.healthychildren.org/English/health-issues/conditions/allergies-asthma/Pages/Exercise-and-Asthma.aspx>

<sup>5</sup> Kids Health. (n.d.). Exercise Induced Asthma. Retrieved April 27, 2016, from <http://kidshealth.org/en/teens/exercise-asthma.html#>

## YSSA Member Spotlight

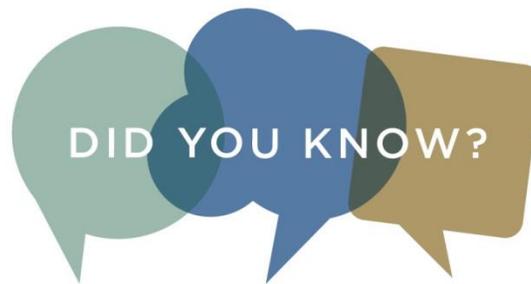


[Play With Heart](#) was formed in Denver, Colorado in 2005 by concerned parents, EMS professionals, nurses and others with a mission to **Save, Educate, and Screen.**

- **Save** by donating AEDs to needy schools and sports teams
- **Educate** coaches and teachers in CPR and AED use
- **Screen** youth athletes using EKGs as a preventative precaution

Since 2005, approximately 200 AED packages have been implemented by [Play With Heart](#) in the state of Colorado. Recently, the life of a 12 year old wrestler in Colorado Springs was saved by one of these donated units. The coach that operated the automated external defibrillator received training on the device through the organization's sports medic certification program which has been approved by the Colorado High School Activities Association (CHSAA).

For more information about [Play With Heart](#) and the various programs they offer, please visit [yssa.org](http://yssa.org).



The [Sudden Cardiac Arrest Foundation](#) was formed ten years ago by several colleagues who were passionate about saving lives. Since being established, enormous strides have been made in raising awareness and increasing education about [sudden cardiac arrest](#). The impact of their efforts are reflected in these encouraging trends.

- 38% of Americans now report they have received CPR training
- 2.4 million AEDs have been distributed for use by laypersons in the U.S.
- 30 states have made CPR training a requirement for high school graduation
- AEDs are now required in new buildings and school sites in certain states
- The average survival rate from out-of-hospital cardiac arrest (all heart rhythms) has increased from 7% to 12%. When bystanders give CPR and use AEDs before EMS arrives, survival rates are 40% and higher.

*Source: Sudden Cardiac Arrest Foundation e-newsletter, (2016, April 27).*

To ensure proper device maintenance, the Sudden Cardiac Arrest Foundation recommends adhering to a checklist like the one below.

### AED Maintenance Checklist

1. Conduct scheduled preventative maintenance checks, according to manufacturer's recommendations.
2. Confirm device placement, ensuring AEDs are where they are supposed to be, and that they are available for use by the public, not hidden from view or locked away.
3. Confirm that signage clearly alerts the public to the location of AEDs.
4. Confirm that batteries are installed and check the expiration date. Replace batteries as needed.
5. Confirm availability of electrode pads and check the expiration date. Replace electrode pads as needed.
6. Check the status/service indicator light.
7. Inspect exterior components for cracks or other damage.
8. Check supplies and replenish as needed (*razor, towel, barrier device, scissors, extra battery, extra set of electrode pads*).
9. After a cardiac arrest occurs, get the device back in service as soon as possible.

Source: [Sudden Cardiac Arrest Foundation](#)

# New To YSSA

Please join us in welcoming our newest YSSA members!

[MedZone Products LLC](#)  
[Play With Heart](#)

## Want to be our Next Member Spotlight?

In each newsletter we highlight a YSSA member who is actively advocating for youth sports safety. If your organization would like to be considered, please send a short description of your organization and any recent activity to: [jessicah@nata.org](mailto:jessicah@nata.org) by May 21, 2016. Goods and services that can be sold are not eligible for feature in the newsletter.

Here's what we are looking for:

- History of your organization
- Community outreach programs
- Upcoming or recently held events
- Any other youth athlete safety initiatives

## TAKE ACTION!

### Update Your Member Information

Please update your information with our quick and easy [online form](#). This form includes information about YSSA member benefits and will serve as the new enrollment form for future YSSA members.

**ARE YOU UP TO THE CHALLENGE?** Help the alliance gain support by forwarding the enrollment [form](#) to five like-minded organizations who also advocate for youth athlete safety.



[YSSA Facebook](#) [YSSA Twitter](#)

*Copyright © 2016 Youth Sports Safety Alliance, All rights reserved.*

**Mailing Address:**

1620 Valwood Parkway, Suite 115  
Carrollton, TX 75006

To subscribe to our newsletter, please email us at [info@youthsportssafetyalliance.org](mailto:info@youthsportssafetyalliance.org)