

SPORTS MEDICINE CENTER



Children's Hospital Colorado



Safe Soccer

At The Real Colorado Cup Soccer Tournament

In Colorado, where dry heat and relatively thin air can tax young bodies, it pays to plan ahead. Keep your team healthy and safe with a few tips from the experts at Children's Hospital Colorado's Sports Medicine Center.

Altitude

At a mile above sea level, Denver's thinner air can make a difference for young athletes not used to it, especially during intense activity. Combat the ill effects with:

- **Extra water.** Denver's dry climate can sap players' hydration levels. Start your players hydrating well before play, and make sure they get about 4 oz. of water for every 15 minutes of intense exercise.
- **Sunscreen.** Thinner air at altitude makes UV radiation more intense. Apply broad spectrum sunscreen that's at least SPF 30 with complete coverage before every game.
- **Ibuprofen or acetaminophen.** Even moderate altitude can sometimes cause headaches.

PREPARE // PERFORM // RECOVER // REPEAT



Nutrition

Road food isn't exactly the epitome of balanced nutrition. It can be a challenge to hunt down healthy meals for a traveling team — but not impossible.

- Plan breakfast ahead with portable items like whole grain cereal, oatmeal, bagels and fruit.
- Build your own meal. Restaurants like Subway, Chipotle or Pei Wei that let you choose your own menu items can help you avoid fats and fillers, and keep your meals healthy.
- Think protein and complex carbs and avoid menu items like fried meats, cream sauces and cheese dips.

Injuries

A player showing the signs and symptoms of these common soccer injuries needs medical attention:

Ankle Sprains

- Mild to severe pain after “rolling” ankle
- Ankle joint swelling and/or bruising
- Loss of range of motion
- Limping or inability to walk

ACL Injuries

- Pain and rapid swelling of the knee after a twisting or buckling injury
- Hearing or feeling a “pop” in the knee
- Limping or inability to walk

If you spot signs of illness or injury in your players, seek a Children's Colorado Sports Medicine Center athletic trainer on site. As trained medical professionals, these athletic trainers can evaluate, diagnose, and recommend follow up care to get your player the help needed.

Learn more at childrenscolorado.org/sports

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