Recognize to Recover
Program for Player Health & Safety

January 15, 2016
Recognize to Recover, or R2R, is a first-of-its-kind program that aims to reduce injuries in soccer players of all ages and promote safety by those on and off the field.
Why Recognize to Recover

• Keep player safety a priority at all levels
• Strengthen the role parents, players, coaches and officials have in player safety
• Centralize ongoing work to provide a resource in areas of player health and safety
Pillars

• Prevention
• Safety
• Recovery
• Performance
Concussion Education and Rule Changes
Concussion Task Force

• Created by U.S. Soccer
• 12 experts in the field of concussion injuries
• Reviewed current scientific data
• Developed rule changes and best practices
Healthcare Providers

• Recommendations for members
  • Adequate number of HCP present for all major youth tournaments and accessible as needed during play
  • HCP should be licensed, such as ATC or MD/DO, with skill set in emergency care and sports medicine with knowledge related to concussion evaluation and management
  • Hosting entities should collaborate with HCP on overall emergency action plan and discuss the management of injuries and return to play
Substitution Rules

- Recommendations for all members – follow new Development Academy substitution rules
  - If player suffers significant blow to the head remove the player from the game for medical evaluation
  - A substitution for evaluation of concussion/head injury will not count against the team
  - If player has received clearance from HCP to return, player may re-enter at any stoppage of play
Heading Recommendations

- U11 and younger (10y and under)
  - No heading in practices or games

- U12 and U13 (11y-13y)
  - Heading training limited to maximum of 30 minutes per week with no more than 15-20 headers per player, per week
Heat-Related Issues

Heat-Related Injuries are Preventable

Heat deaths rising
Heat-related fatalities that occurred during sports have more than doubled since 1975.

<table>
<thead>
<tr>
<th>Period</th>
<th>Heat Deaths</th>
</tr>
</thead>
<tbody>
<tr>
<td>1975-79</td>
<td>8</td>
</tr>
<tr>
<td>1980-84</td>
<td>9</td>
</tr>
<tr>
<td>1985-89</td>
<td>5</td>
</tr>
<tr>
<td>1990-94</td>
<td>2</td>
</tr>
<tr>
<td>1995-99</td>
<td>13</td>
</tr>
<tr>
<td>2000-04</td>
<td>11</td>
</tr>
<tr>
<td>2005-09</td>
<td>18</td>
</tr>
</tbody>
</table>

Source: Korey Stringer Institute
By Veronica Salazar, USA TODAY
# Heat Guidelines

## Find Your Alert Level and Work to Rest Recommendations

Based on your WBGT and Regional Category determine your Alert Level and Work to Rest Recommendations using the table below.

<table>
<thead>
<tr>
<th>ALERT LEVEL</th>
<th>WBGT BY REGION (°F)</th>
<th>EVENT CONDITIONS</th>
<th>RECOMMENDED WORK TO REST RATIOS (ACTIONS &amp; BREAKS)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BLACK</strong></td>
<td>&gt;86.2°</td>
<td>Extreme Conditions</td>
<td>No Outdoor Training, delay training until cooler, or Cancel Training.</td>
</tr>
<tr>
<td></td>
<td>&gt;88.8°</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>&gt;92.0°</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>RED</strong></td>
<td>84.2-86.1°</td>
<td>High Risk for Heat Related Illness</td>
<td>Maximum of 1 hour of training with 4 separate 4 minute breaks within the hour. No additional conditioning allowed.</td>
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<tr>
<td></td>
<td>87.8-89.7°</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>90.1-91.9°</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>ORANGE</strong></td>
<td>81.1-84.1°</td>
<td>Moderate Risk for Heat Related Illness</td>
<td>Maximum of 2 hours of training with 4 separate 4 minute breaks each hour, OR a 10 minute break every 30 minutes of training.</td>
</tr>
<tr>
<td></td>
<td>84.7-87.7°</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>87.1-90.0°</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>YELLOW</strong></td>
<td>76.3-81.0°</td>
<td>Less than Ideal Conditions</td>
<td>3 Separate 4 minute breaks each hour, OR a 12 minute break every 40 minutes of training</td>
</tr>
<tr>
<td></td>
<td>79.9-84.6°</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>82.2-97.0°</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>GREEN</strong></td>
<td>&lt;76.1°</td>
<td>Good Conditions</td>
<td>Normal Activities, 3 Separate 3 minute breaks each hour of training, OR a 10 minute break every 40 minutes</td>
</tr>
<tr>
<td></td>
<td>&lt;79.8°</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>&lt;82.1°</td>
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<td></td>
</tr>
</tbody>
</table>

## Training & Match Play Limits

### Cancellation of Training

Depending on your region category, recommend cancellation of training or delay until cooler when WBGT for:

- **Cat 1 >86.2°F**
- **Cat 2 >89.9°F**
- **Cat 3 >92.0°F**

**Match Play Hydration Breaks:** WBGT of 89.6°F

Provide hydration breaks of 4 minutes for each 30 minutes of continuous play (i.e., minute 30 and 75 of 90 minute match).

## Communication

Provide adequate communication of environmental conditions, cooling modalities and other resources to players and staff including:

- Planned breaks for hydration
- Duration and time of training
- During warmer conditions, plan ahead for matches and trainings

Ensure unlimited access to water and other fluids

Follow your Emergency Action Plan
Emergency Action Plan for Cardiac Arrest
Annual Incidence of Death

Compiled by Sudden Cardiac Arrest Foundation

www.sca-aware.org

Sudden Cardiac Arrest vs. Other Deaths
The impact of public-access defibrillators on survival

Survival rates from sudden cardiac arrest

- No intervention: 5%
- Average for UK: 7%
- Average with CPR alone: 9%
- Average with CPR and AED: 50%
- AED within 3-5 minutes: 74%

References:
Hands-only CPR:

- Easy to remember
- Easy to perform
- Easy to teach
- Does *not* require mouth-to-mouth contact
- Useful for adults and non-drowning victims
Role of Coaches
You Can Help

• You are a leader in soccer
• You have a strong voice and are trusted
• Become educated on U.S. Soccer’s R2R Campaign and utilize it in your own programming
• Help spread positive messages about player safety in our sport
What Coaches Can Do

• Be informed
• Take the lead
• Set the tone
• Know the cues
• Take action
• Create a culture
For more information on R2R or U.S. Soccer’s initiatives in the area of player safety, please contact medical@ussoccer.org