

MONTANA YOUTH SPORTS SAFETY INSTITUTE



TACO TECHNIQUE

Tarp Assisted Cooling with Oscillation:

- 1) Lay tarp on the ground
- 2) Place athlete on the tarp (roll or lift athlete)
- 3) Pour ice and water on the patient
- 4) Keep the tarp moving



WHEN TO USE THE TACO TECHNIQUE:

- ◆ If heat illness is suspected, call for help and cool athlete immediately
- ◆ Athlete appears to be confused, disoriented, irritable, irrational during or after exercise in the heat
- ◆ Core temperature is above 105°F
- ◆ **Cool first, transport second**

KEEP YOUTH ATHLETES SAFE IN MONTANA

The mission of the Montana Youth Sports Safety Institute (MYSSI) is to promote safety in youth sports across Montana, protect youth sports athletes from injury, and to provide education and services to parents, coaches, athletes and other medical professionals to support safety in sport.

TACO KIT:

- 8 X 10 TARP
- DIGITAL PSYCHROMETER
- COOLING TOWEL
- REUSABLE ICE PACK

INTERESTED IN LEARNING MORE ABOUT HEAT ILLNESS ?

CONTACT US AT:

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