

ENVIRONMENTAL CONDITIONS

Extreme heat can impact players' health and safe play. Proper hydration and knowing when you need to drink are critical to help prevent injuries and illnesses from muscle cramps to heat stroke.

Players should drink water before, during, and after a game or practice. Thirst is a warning that your body is already in an early stage of dehydration. Drink when you are thirsty.

Heat-related illnesses, such as heat exhaustion and exertional heat stroke (EHS), can be serious and potentially life-threatening conditions which can be brought on or intensified by physical activity.

Prevention and early management is fundamental to minimizing heat related illness. Increase the number and duration of hydration breaks. Shorten practice. Reduce the intensity of exercise. Postpone activity until cooler parts of the day.

Early signs and symptoms of heat illness include:

- Weakness or fatigue
- Nausea
- Dizziness
- Altered mental status, such as confusion, irritability, aggressive behavior
- Slurred speech
- Hallucinations
- Loss of balance, falling down
- Throbbing headache
- Body temperature above 104 degrees Fahrenheit
- Complaining of chills, while skin may be warm to the touch.

ACTION TO TAKE FOR HEAT RELATED ILLNESS:

The first steps to recovery in all these cases are replacing fluids and cooling the body by resting in a cool, shaded place. Fanning or spraying with water will also help bring down the body temperature.

HEAT ILLNESS (HEAT EXHAUSTION, HEAT CRAMPS)

- Remove from activity and source of heat.
- Cool in a shaded area using ice towels, cooling tub or wading pool.
- Fan or spray with water to bring down body temperature.
- Provide access to fluids/electrolytes and encourage rehydration.
- If illness continues, call 911 for immediate medical assistance.

EXERTIONAL HEAT STROKE – this is a medical emergency.

- Immediately call EMS (911) and inform them of a heat related emergency/
- Remove excess clothing/equipment and immediately begin cooling the athlete by placing them in an ice-water-tub.
- If no tub is present, rotate cold wet ice towels (every 2-3 minutes over the entire surface of the body or as much as possible)

Environmental Conditions link: www.recognizetorecover.org/environmental#heat-hydration

