

BEAT THE HEAT

Florida's high temperatures put student athletes at increased risk of heat illness. There are several types of heat illness. They range in severity, from heat cramps and heat exhaustion, which are common but not severe, to heat stroke, which can be deadly. Although heat illnesses can be fatal, death is preventable if they're quickly recognized and properly treated.

DEHYDRATION AND HEAT ILLNESSES



As a rule-of-thumb, most athletes should consume 200 to 300 milliliters of fluid every

15 MINUTES of exercise.

It takes only **30 MINUTES** for cell damage to occur with a core body temperature of 105 degrees.



Florida has implemented a heat acclimatization policy for secondary schools through the FHSAA.

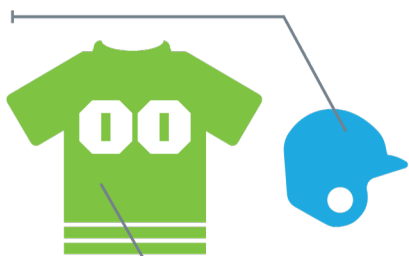


Exertional heat stroke is one of the top three killers of athletes in high school and collegiate sports.

- It takes seven to 14 days for a body to adapt to exercising in the heat.
- Dehydration at levels of 3 to 4 percent body mass loss can reduce muscle strength by an estimated 2 percent.

SAFETY TIPS

Remove unnecessary equipment, such as helmets and padding, when environmental conditions become extreme.



Clothing worn by athletes should be light colored, lightweight and protect against the sun.



Have sports drinks on hand for workout sessions lasting longer than an hour.

Keep beverages cold — cold beverages are consumed 50 percent more than warm beverages.

Hydrate before, during and after activity.

- For the first week or so, hold shorter practices with lighter equipment so players can acclimate to the heat.
- Follow a work-to-rest ratio, such as 10-minute breaks after 40 minutes of exercise.
- Provide a shaded/cool area, out of direct sunlight for all rest breaks.
- Get an accurate measurement of heat stress using a wet-bulb globe temperature, which accounts for ambient temperature, relative humidity and radiation from the sun.
- If someone is suffering from exertional heat stroke, remember to cool first and transport second.
- Have large cold tubs ready before all practices and games in case cold water immersion is needed to treat exertional heat stroke.

SIGNS OF MINOR HEAT ILLNESS



Dizziness

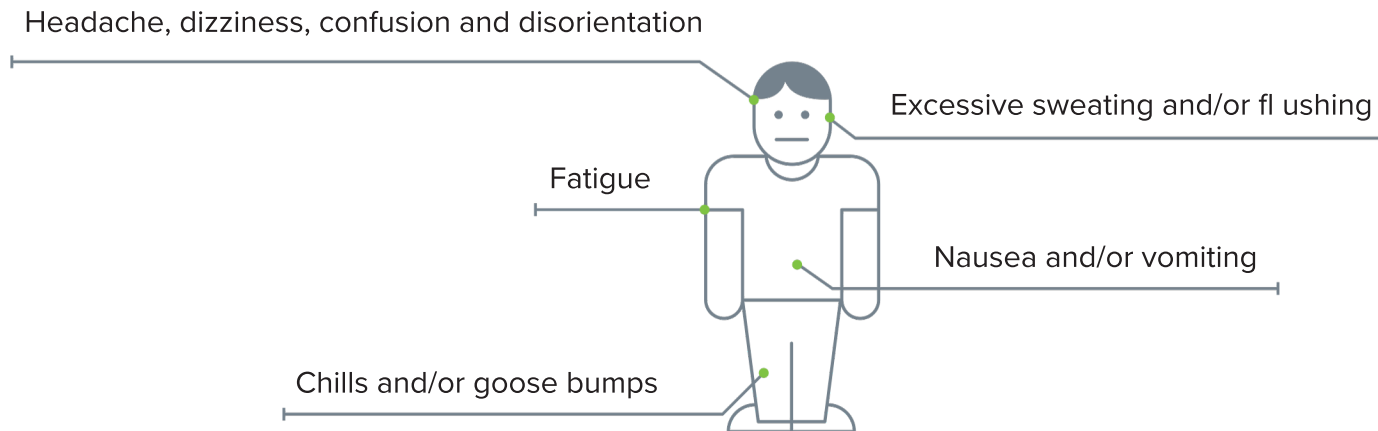


Lightheadedness, when not associated with other symptoms

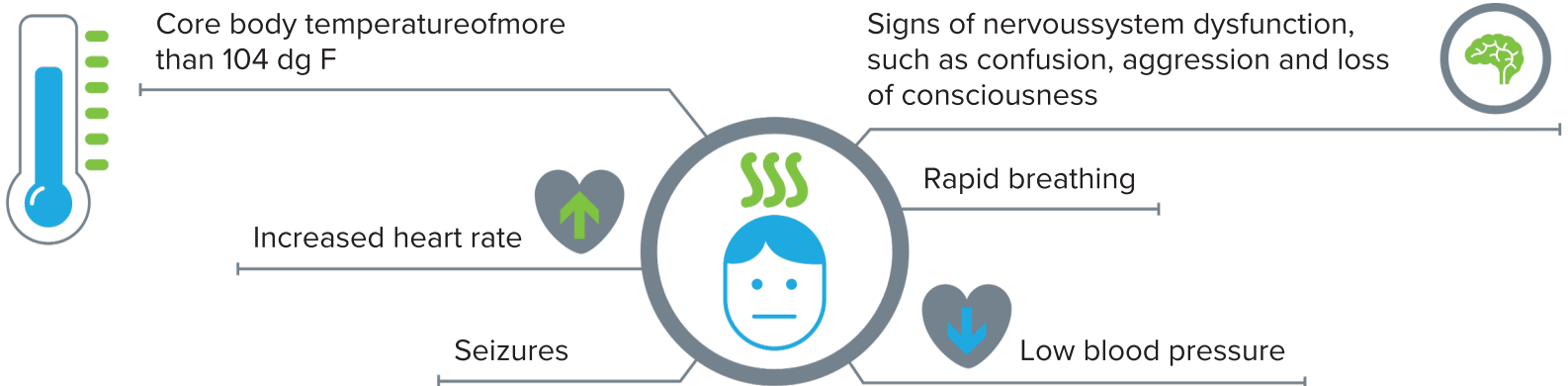


Cramps, muscular tightening and spasms

EARLY WARNING SIGNS OF EXERTIONAL HEAT STROKE



SIGNS OF EXERTIONAL HEAT STROKE



Sources: Korey Stringer Institute, American Medical Society for Sports Medicine, NATA

Infographic courtesy of the National Athletic Trainers' Association, www.nata.org

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