

# Five tips for a safer sports practice in the summer heat

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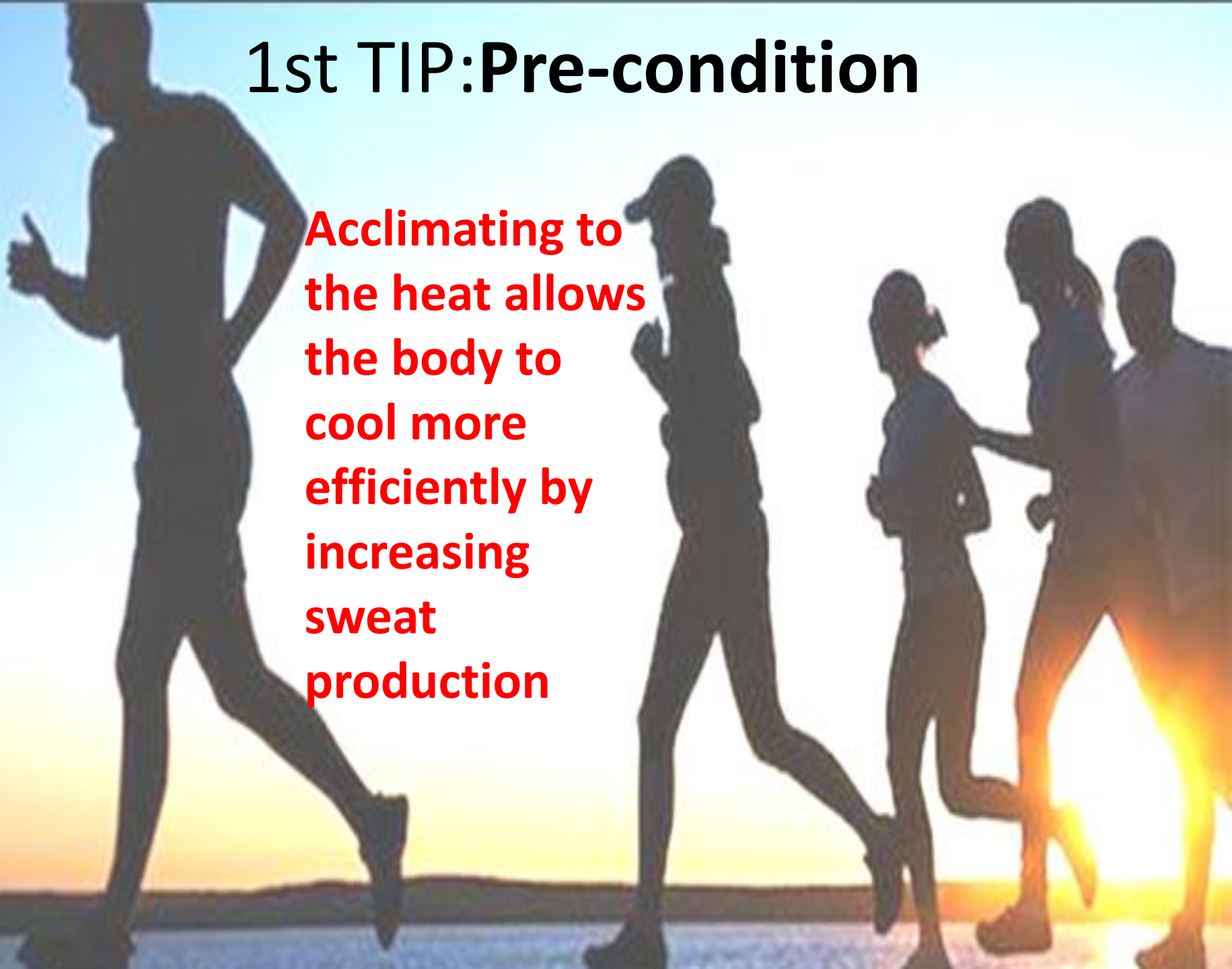
G.T.Elaboración y uso de materiales en Inglés

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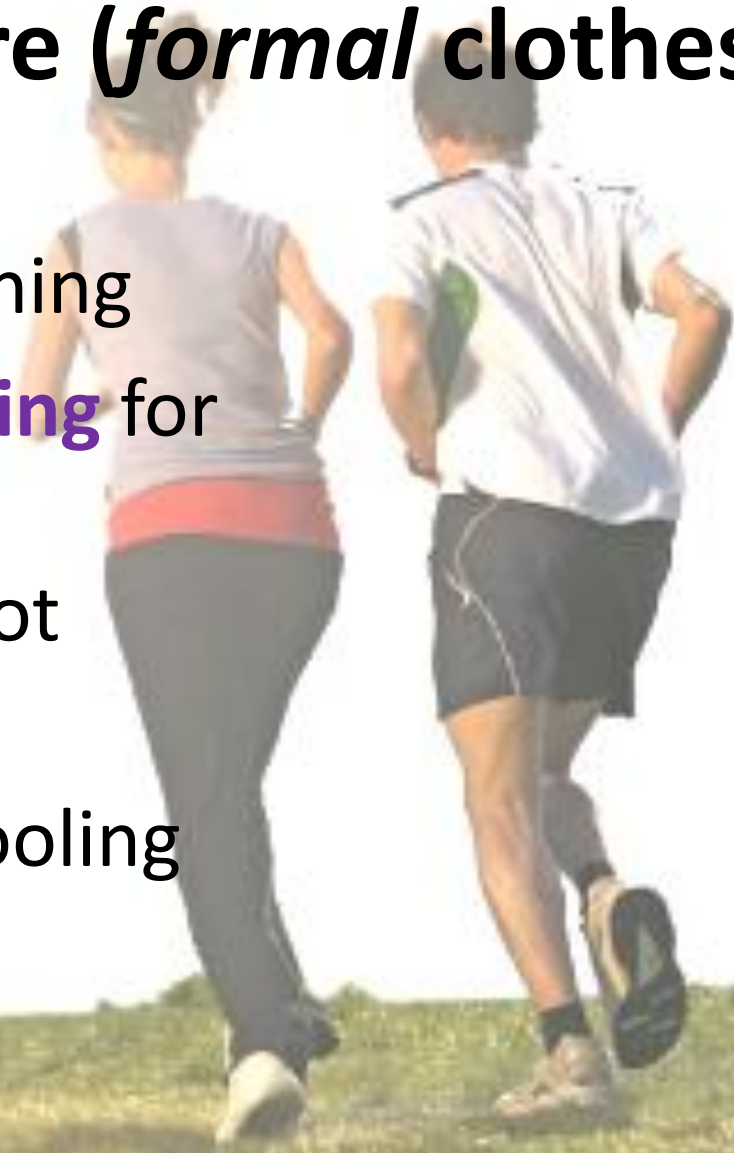
# 1st TIP: Pre-condition

**Acclimating to the heat allows the body to cool more efficiently by increasing sweat production**



## 2ndTIP: Proper attire (*formal* clothes)

- wear **light-colored** clothing
- bring a **change of clothing** for longer events or wear clothing designed for hot weather exercise
- **evaporation** is key in cooling the body



# 3<sup>rd</sup> TIP: Avoid unusually hot/humid days

- When the heat index is **95 to 99 degrees Fahrenheit (35 to 37.2 degCen)**
  - Remove pads or equipment during non-contact times
  - Schedule practice for early or later in the day to **avoid peak sun time**
- Further modifications must be made when the heat index is 99 to 104 degrees Fahrenheit
  - Change into dry clothes and reduce practice time

**IF THE HEAT INDEX IS ABOVE 104 DEGREES (40°C),  
PHYSICAL ACTIVITY SHOULD BE STOPPED**

# 4th TIP: Water breaks

- Dehydration can have a direct affect on performance and fatigue
- Be well hydrated before practice and continue hydrating during and after physical activity
- Longer workout sessions need more frequent breaks for water (e.g., **10 min. water break, in the shade** if possible, for **every 30-45 min.** of activity)
- A 6% carbohydrate solution (e.g., Gatorade®) helps supplement energy loss and helps improve performance when consumed during workouts lasting longer than 45 minutes.

# HYDRATE-REHYDRATE





# 5th TIP: Recognize signs of heat-related injury

- Heat illness and dehydration usually strike first and display the following warning signs:

**Thirst    Irritability    Headache    Cramps**

**Nausea    Decreased performance    Dizziness**

**Weakness    Vomiting**

An **athlete with these signs** should be removed from activity and **moved to a cool location** and **given fluids**

# HEAT EXHAUSTION OR HEAT STROKE- A GUIDE

Heat-related illnesses can be life-threatening. The U.S. Centers for Disease Control and Prevention describes the following differences between heat exhaustion and heat stroke and how to respond to each


## HEAT EXHAUSTION

- Faint or dizzy
- Excessive sweating
- Cool, pale or clammy skin
- Nausea or vomiting
- Rapid, weak pulse
- Muscle cramps

- ▼ Get to a cooler, air-conditioned place
- ▼ Loosen clothes
- ▼ Sip water if fully conscious
- ▼ Take a cool shower or use cold compresses

## HEAT STROKE

- Throbbing headache
- Dizziness, confusion
- No sweating
- Red, hot, dry skin
- Body temperature above 103°F
- Nausea or vomiting
- Rapid, strong pulse
- May lose consciousness

 **CALL 9-1-1**

- ▼ Take immediate action to cool the person until help arrives





# Have an Emergency

## Action Plan:

All staff should be trained on the signs and symptoms of heat illness and what to do during an emergency.

## Heat stroke

Heat stroke can occur when the body temperature begins to rise above 37 degrees Celsius. It can be caused by excessive or prolonged exposure to heat. Working or exercising in hot conditions or weather without drinking enough fluids is the main cause of heat stroke.

## Treatment;

Have the person drink non alcoholic fluids.

Have the person rest in a cool place, out of the sun.

Make sure the person gets plenty of ventilation.

Use cool water (not cold) on the skin.

Raise the person's legs.



# HEAT STROKE

Body's failure to regulate its temperature

## Things To Do ✓



Prefer home-made drinks such as fruit juices, lemonade, salted milk-lassi



At Sehri-o-Aftar drink lots of water and eat yoghurt



Wear loose and light clothes. Keep yourself covered especially head and back of the neck (nape)



During load-shedding keep cool by using hand fans, wet towels and spray water on your body.

## Things Not To Do ✗



Don't drink fluids with caffeine and excess sugar



Avoid direct sunlight during 12 to 3 pm



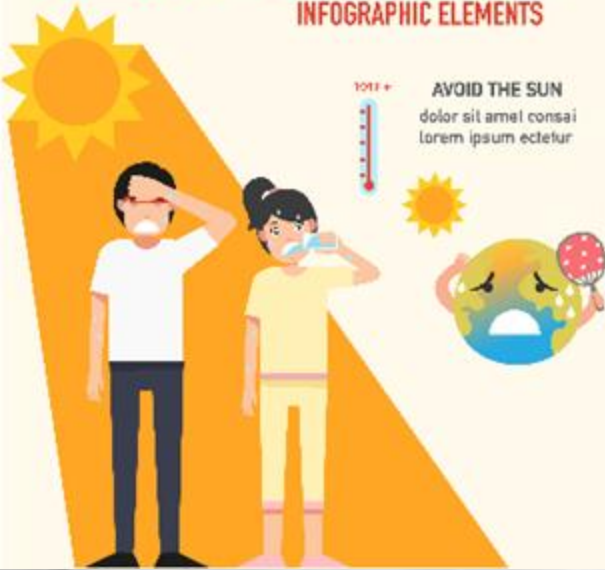
Avoid spending too much time in front of the stove



Avoid consuming heavy and oily foods

# HEAT STROKE

INFOGRAPHIC ELEMENTS



THE DANGER OF WORKING OUT IN THE HOT WEATHER

## PREVENTION



## SYMPTOMS

