

# BEAT THE HEAT

## A GUIDE FOR COACHES AND PARENTS



	MUSCLE CRAMPS	HEAT EXHAUSTION	HEAT STROKE
SIGNS & SYMPTOMS	<p>Acute, painful, involuntary muscle contractions</p> <p>Present during or after exercise</p>	<p>Pale skin and heavy sweating</p> <p>Muscle cramps</p> <p>Poor muscle coordination, dizziness or nausea</p> <p>Headache and possible fainting</p>	<p>Body temp 104° +</p> <p>Disorientation or irrational behavior</p> <p>Hot and red skin (no sweating)</p> <p>Headache or loss of consciousness</p>
TREATMENT	<p>Stop exercising</p> <p>Hydrate with water and sodium-based fluids</p> <p>Static stretch and/or ice-massage the affected muscle(s)</p>	<p>Move to a cool or shaded area</p> <p>Remove or loosen excess clothing or equipment</p> <p>Cool off with water, a wet towel, ice bath, etc.</p>	<p><b>MEDICAL EMERGENCY</b></p> <p>Follow steps for heat exhaustion treatment</p> <p>Call emergency medical services immediately</p> <p>Continue cooling until medical assistance arrives</p>
RECOVERY	<p>Should take a couple minutes to about an hour dependent on severity.</p> <p>If cramps continue to persist, seek out a medical professional</p>	<p>Usually within 24 hours, can take up to 3+ days.</p> <p>Recommended to not return to play same-day.</p> <p>If symptoms worsen or don't improve, seek immediate medical attention</p>	<p>Dependent on severity and initial treatment.</p> <p>Return to play not advised until cleared by a physician</p>

## HEAT ILLNESS PREVENTION

**HEAT ACCLIMATION** – Programming should gradually increase in duration/intensity over initial 14 days

**HYDRATION** – Frequent fluid consumption should take place before, during, and after exercise

**EXERCISE INTENSITY** – Be cautious about implementing too many high-intensity exercises

**FREQUENT REST BREAKS** – Every 15–20 min in shaded area, access to water, remove helmets

**OTHER FACTORS that put athletes at higher risk** – Athletic Gear (especially helmets), Poor Conditioning, Increased Body Mass, Illness (current or recent)