

Heat and Athletes



People who exercise in extreme heat are more likely to become dehydrated and get heat-related illness.

STOP all activity and get to a cool environment if you feel faint or weak.

- Limit outdoor activity, especially midday when the sun is hottest.
- Wear and reapply sunscreen as indicated on the package.
- Schedule workouts and practices earlier or later in the day when the temperature is cooler.
- Pace activity. Start activities slow and pick up the pace gradually.
- Drink more water than usual and don't wait until you're thirsty to drink more. Muscle cramping may be an early sign of heat-related illness.
- Monitor a teammate's condition, and have someone do the same for you.
- Wear loose, lightweight, light-colored clothing.
- Seek medical care immediately if you or a teammate has symptoms of heat-related illness.
- Learn more by participating in a CDC course on preventing heat-related illness.

Warning Signs and Symptoms of Heat-Related Illness

Muscle cramping might be the first sign of heat-related illness, and may lead to heat exhaustion or stroke. Here is how you can recognize heat exhaustion and heat stroke and what to do:

<h3>Heat Exhaustion</h3> <ul style="list-style-type: none">• Heavy sweating• Weakness• Cold, pale, and clammy skin• Fast, weak pulse• Nausea or vomiting• Fainting 	<h3>What You Should Do:</h3> <ul style="list-style-type: none">• Move to a cooler location.• Lie down and loosen your clothing.• Apply cool, wet cloths to as much of your body as possible.• Sip water.• If you have vomited and it continues, seek medical attention immediately.
<h3>Heat Stroke</h3> <ul style="list-style-type: none">• High body temperature (above 103°F)*• Hot, red, dry or moist skin• Rapid and strong pulse• Possible unconsciousness 	<h3>What You Should Do:</h3> <ul style="list-style-type: none">• Call 911 immediately — this is a medical emergency.• Move the person to a cooler environment.• Reduce the person's body temperature with cool cloths or even a bath.• Do NOT give fluids.

*104°F taken rectally is the most accurate.