

## HEAT ILLNESS IS PREVENTABLE

**The following is intended for the Catholic Youth Organization coaches to outline a program for the prevention and recognition of HEAT STROKE or HEAT ILLNESS.**

- I. Acclimatization and Conditioning** - The most important force operating to prevent heat stroke is acclimatization. Players should be encouraged to start workouts 14-21 days prior to the first practice session. The best single activity is running and this should start with 20-30 minute workouts twice daily a few days prior to the first practice session.
- II. Proper clothing** - Jerseys should be short sleeved and lightweight. Shirts soaked with perspiration should be changed to a dry shirt in the middle of practice. Stockings should never be worn in hot weather.
- III. Water Intake** - Water shall be available on the practice field at all times. Water breaks are mandatory (10 minutes every half-hour). A manager before and after every practice should take weights and those athletes who lose large amounts of weight (over 5 lbs.) should consume liquids to make up water loss.
- IV. Practice Schedule**
  1. With temperature of 80-90 degrees and humidity under 70 percent, observe carefully for the few athletes particularly susceptible to the heat. Unlimited cold water on field. Use caution.
  2. With temperature of 80-90 degrees and humidity over 70 percent or temperature of 90-100 degrees and humidity under 70 percent, athletes should be given 10-minute rest periods every hour and liquid should be provided. Shirts should be changed when soaked & all athletes should be carefully observed. Withhold susceptible athletes.
  3. With temperature of 90-100 degrees and humidity over 70 percent or temperature over 100 degrees practice should be postponed or a shortened program should be conducted in shorts and shirts.

## RECOGNIZING CLINICAL SYNDROMES

**Heat Cramps** - Painful cramps and spasms of active muscles - most common of the calf muscle - caused by intense, prolonged exercise in the heat and depletion of water and salt due to sweating.

**Heat Fatigue** - Feeling of weakness and tiredness caused by depletion of water and salt due to sweating and exercise in heat.

**Heat Exhaustion** - Associated with weakness, profuse sweating and often headache. Cooling of patient with fans, ice, wet towels, and sips of liquids will usually relieve the symptoms in a few minutes. The temperature is normal.

**Heat Stroke** - Associated with unconsciousness in a patient with dry hot skin. The temperature is elevated. This is a prime medical emergency and minutes are precious. Apply cool water, vigorously fan the body, and arrange transfer to hospital.

## IN CASE OF DOUBT, TREAT FOR HEAT STROKE

**Careful Observation Of Athletes Can Prevent The Development Of These Conditions**