



Heat Exhaustion

Signs, Symptoms, and Preventative Tips

| Recognizing Heat Exhaustion | What to Do |
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| <p>Warning signs of heat exhaustion include the following:</p> <ul style="list-style-type: none">• Heavy sweating• Paleness• Muscle cramps• Tiredness• Weakness• Dizziness• Headache• Nausea or vomiting• Fainting | <ul style="list-style-type: none">• Get the victim to a shady area.• Cool the victim rapidly using whatever methods you can. For example, spray the victim with cool water from a garden hose; sponge the person with cool water; or if the humidity is low, wrap the victim in a cool, wet sheet and fan him or her vigorously.• Do not give the person sports drinks, or ice cold water. Cool water is recommended.• Monitor body temperature, and continue cooling efforts until the body temperature drops to 101-102°F.• If symptoms persist, or seem to increase call for emergency medical attention ASAP |

Tips for reducing the risk of Heat Exhaustion

- **HYDRATION STARTS AT HOME**, it is up to the player, and parents to make sure plenty of fluids are being consumed before coming to practice.
- Drink plenty of fluids Daily, **DO NOT** wait until you're thirsty to drink. 6-10 glasses of water everyday.
- **DO NOT** Drink soda, coffee, or other caffeinated beverages. They increase urine output, and make you dehydrate faster.
- Use sun block, SPF 15 or higher, sunburn increases body heat and causes a rapid loss of vital fluids. Sunburn can occur even on cloudy or overcast days so always be prepared.

Other Conditions to be aware of Heat Cramps

Heat cramps usually affect people who sweat a lot during strenuous activity. This sweating depletes the body's salt and moisture. The low salt level in the muscles causes painful cramps. Heat cramps may also be a symptom of heat exhaustion.

Recognizing Heat Cramps

Heat cramps are muscle pains or spasms—usually in the abdomen, arms, or legs—that may occur in association with strenuous activity. If you have heart problems or are on a low-sodium diet, get medical attention for heat cramps.

What to Do

If medical attention is not necessary, take these steps:

Stop all activity, and sit quietly in a cool place.

- Drink clear juice or a sports beverage.
- Do not return to strenuous activity for a few hours after the cramps subside, because further exertion may lead to heat exhaustion or heat stroke.
- Seek medical attention for heat cramps if they do not subside in 1 hour.

This information is provided in this letter has been compiled from various websites; it is our hope that you will continue to research these issues, and make you own conclusions.