



## Heat Awareness

Playing in high temperatures causes the body to sweat more vigorously and lose more fluid and electrolytes. Humidity also affects the body's ability to cool itself. It is more difficult for sweat to evaporate in hot, humid weather, than in hot, dry weather. This is why it is important to drink plenty of fluid before, during, and after physical activity.

### Ways to minimize the effects of heat:

- Allow for your body to adjust to the heat – cut back on exercise intensity and duration in hot weather.
- Drink up when it's hot – once you become used to the heat, sweat losses will be higher, so fluid intake must be greater.
- Don't just pour water on your head – it may feel great, but it won't help at all at restoring body fluids or lowering body temperature.
- Exercise in the morning or evening when the weather is coolest.
- Wear light-coloured, light-weighted clothing.
- Do not change into a dry shirt at breaks or timeouts – completely soaked shirts do better at cooling the body.

### Signs of heat related illness are:

Confusion	Muscle Cramps
Dizziness	High body temperature
Vomiting	Light headedness
Diarrhea	Loss of consciousness

### When an athlete shows signs of heat illness, act immediately:

- Provide water/fluids
- Remove clothing or equipment
- Cool the person with wet towels or water
- Call an emergency vehicle