BEAT THE HEAT

Summer’s high temperatures put student athletes at increased risk of heat illness. There are several types of heat illness. They range in severity, from heat cramps and heat exhaustion, which are common but not severe, to heat stroke, which can be deadly. Although exertional heat stroke can be fatal, death is preventable if it’s quickly recognized and properly treated.

DEHYDRATION AND HEAT ILLNESSES

It takes only 30 MINUTES for cell damage to occur with a core body temperature of 105 degrees or higher.

Fluid replacement should be based on SWEAT LOSS.

As of August 2022, 14 states mandate all best practice heat acclimatization standards at the high school level.

Exertional heat stroke is one of the top three killers of athletes and soldiers in training.

- From 2015-19, 17 athletic heat stroke fatalities were reported.
- It takes seven to 14 days for a body to adapt to exercising in the heat.
- Dehydration at levels of 3% to 4% body mass loss can reduce muscle strength by an estimated 2%.

SAFETY TIPS

- Have sports drinks on hand for workout sessions lasting longer than an hour.
- Keep beverages cold – cold beverages are consumed 50% more than warm beverages.
- Hydrate before, during and after activity.
- Remove unnecessary equipment, such as helmets and padding, when environmental conditions become extreme.
- Clothing worn by athletes should be light colored, lightweight and protect against the sun.

Infographic courtesy of the National Athletic Trainers’ Association (Updated 2023)

Sources: Korey Stringer Institute, American Medical Society for Sports Medicine, NATA, National Center for Catastrophic Sport Injury Research, University of North Carolina