

Heat-induced illness prevention

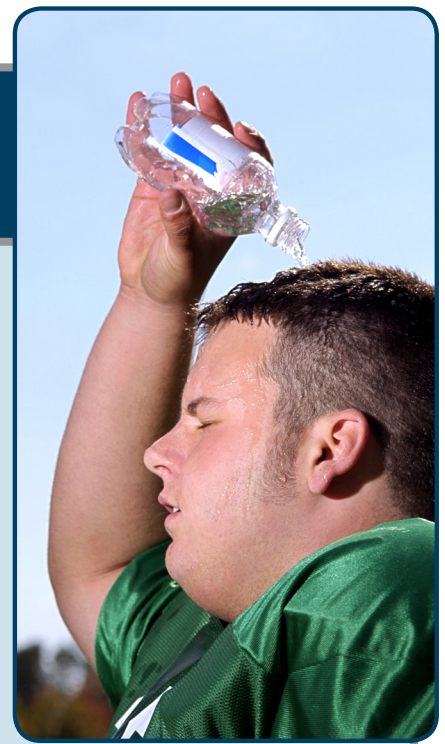
Extreme heat, humidity and ozone changes put young athletes at risk.

Heat-induced illness include:

- Dehydration.
- Muscle cramping.
- Heat exhaustion.
- Heat stroke.

Help stop these by:

- Drinking fluids to replace those lost by sweating.
- Playing during the best weather conditions.



What are the signs and symptoms of heat-induced illnesses?

Dehydration occurs when fluid loss exceeds 1% of body weight.	Heat cramping or painful, involuntary muscle contractions can happen during or after exercise sessions.	Heat exhaustion forces athletes to stop exercising due to dehydration, heavy sweating, sodium loss or lack of energy.	Heat stroke is temperature about 104°F rectally. It can cause death. Seek medical attention immediately.
<ul style="list-style-type: none"> • Very thirsty • Irritable • Fatigue • Weakness • Dry lips • Sunken eyes • Nausea • Headache • Poor performance • Muscle cramping • Dark yellow urine or not urinating • Dizziness or trouble paying attention 	<ul style="list-style-type: none"> • Muscle spasms and knotting • Muscle pain • Excessive sweating • Salty skin appearance • Dehydration 	<ul style="list-style-type: none"> • Decreased sweating • Dizziness • Fatigue • Rapid heart rate • Feeling cold or goose pimples 	<ul style="list-style-type: none"> • Very high core body temperature • Confusion • Extreme fatigue • Rapid, weak pulse • Unconsciousness or sudden collapse • Heat stroke is a medical emergency and can be deadly. Get medical help immediately.

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Why is the young athlete more at risk?

The younger and smaller athlete:

- Gets hot faster.
- Gets hotter than adults in warm and humid weather.
- Does not regulate body temperature by sweating as well as adults.
- Adjusts more slowly than adults in hot and humid weather.
- Does not feel thirsty during long exercise times.

Younger athletes:

- Are more likely to forget to rest and replace lost fluids.
- Will not report first signs of a heat-induced illness.

How can I prevent heat-induced illness?

Suggestions for the young athlete:

- Drink on a schedule, not when thirsty.
- Use personal water bottles to track fluid intake.
- Avoid sugary juices and carbonated drinks. They have more than 10% carbohydrate content. This pulls water out of the body.
- Avoid all caffeinated drinks. Caffeine pulls water from the body.

Pre-game

1-2 hours before practice/game	4 to 8 oz. of water for under 12 years of age
10-15 minutes prior practice/game	8 to 16 oz. of water for over 13 years of age

During game

Every 15 minutes	5 to 9 oz. of water for under 12 years of age
	5 to 10 oz. of water for over 13 years of age

- If the temperature and/or humidity is high, hydrate every 10 minutes.
- If the young athlete is practicing or participating in a game for greater than one and a half hours, it is recommended to alternate with a sports drink that has 4-8 % carbohydrate content to replace the electrolytes/glucose lost.

Post-game

Drink 16-24 oz. of water and/or sports drink for every pound lost. It is best to weigh the young athlete prior to and after each practice/game.

***Drinking schedules should match the athlete. The goal is to stop fluid losses that are more than than 1% of body weight.**

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