



Extreme Heat Safety

for athletes

Did you know?

Extreme heat days are becoming more common as the climate gets warmer. Athletes are vulnerable to heat-related illness and dehydration particularly when they train in the middle of the day.

Action Plan

- **Keep cool:**
 - During high heat days, reschedule training to mornings or evenings when it is cooler.
 - Wear light-colored, lightweight clothing, and use sunscreen (sunburn makes it harder to cool down).
- **Keep hydrated:** On hot days, drink more fluids than you usually would even if you don't feel thirsty. Take frequent water breaks.
- **Recognize the signs of heat stress:** warm skin, headaches, dizziness, muscle cramps and nausea.
 - Keep an eye out for these symptoms in teammates.
 - Ease into practices (acclimatize) during heat season.
 - If signs appear, stop activity and rehydrate in shade or A/C.

[more](#) →

Resources

Learn more about the risks of heat exposure for athletes: visit [cdc.gov/disasters](https://www.cdc.gov/disasters), select "Extreme Heat," and click "Athletes."

Learn more about the signs of heat acclimatization (changes or adaptations that occur in response to heat stress): visit ksi.uconn.edu, select "Prevention," and click "Heat Acclimatization."

For more resources regarding extreme heat safety:

- health.ny.gov and search "Extreme Heat Advice"
- nysphsaa.org, select "Ads and Coaches," and click "Safety-research." Scroll down to "Heat Index Procedures."

For more information, visit nyscheck.org/rxs

