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.

Resources

Learn more about the risks of heat exposure for athletes: visit 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 local resources regarding heat and athlete safety:

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<thead>
<tr>
<th>New York State</th>
<th>health.ny.gov and search “Extreme Heat Advice”</th>
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<tbody>
<tr>
<td>nysphsaa.org, select “Ads and Coaches,” and click “Safety-research.” Scroll down to “Heat Index Procedures.”</td>
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<tr>
<td>New Jersey</td>
<td>njsiaa.org, select “Health and Safety,” and click “Sports Medicine.”</td>
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<tr>
<td>Puerto Rico and the U.S. Virgin Islands</td>
<td>cdc.gov/disasters, select “Extreme Heat,” and click “Athletes”</td>
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For more information, visit icahn.mssm.edu/research/pehsu/information