



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](#) →

Signature _____

Date _____

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](https://www.ksi.uconn.edu), select "Prevention," and click "Heat Acclimatization."

For local resources regarding heat and athlete safety:

New York State	health.ny.gov and search "Extreme Heat Advice" nysphsaa.org , select "Ads and Coaches," and click "Safety-research." Scroll down to "Heat Index Procedures."
New Jersey	njsiaa.org , select "Health and Safety," and click "Sports Medicine."
Puerto Rico and the U.S. Virgin Islands	cdc.gov/disasters , select "Extreme Heat," and click "Athletes"

For more information, visit [icahn.mssm.edu/research/pehsu/information](https://www.icahn.mssm.edu/research/pehsu/information)