

## TIPS FOR SAFE EXERCISE IN THE HEAT

Adequate hydration is the most important factor in preventing heat illness

- Drink plenty of fluids before you start exercising – don't start dehydrated
- Drink plenty of fluids during exercise
  - o Goal is to avoid being thirsty – once you are thirsty you are dehydrated
- Appropriate fluids contain some sodium (salt) and some electrolytes
  - o Gatorade, sports drinks, juices
  - o Water is ok if you are not exercising for long periods of time
- Avoid drinks with caffeine or alcohol – these will actually cause you to become dehydrated
  - o Avoid coffee, tea, soda, energy drinks (Red Bull, Amp, etc)
  - o Energy drinks contain high levels of caffeine and other substances that can decrease athletic performance

Be safe – if you start to feel symptoms of heat illness – get treatment immediately

- Symptoms of heat illness can include
  - o Severe cramping
  - o Dizzy/Lightheaded
  - o Bad headache
  - o Nausea/vomiting
  - o Weakness
  - o Vision problems
  - o Many others
- Treatment includes
  - o Get out of the sun into a shaded/cool area
  - o Notify medical personnel
  - o Drink plenty of fluids
  - o Place ice packs on the neck/head/body

The medical team at the Games will make decisions based on the heat index that may include

- Mandatory drink breaks during competition
- Postpone games to a different time
- Canceling events

Contact medical personnel with any questions about appropriate fluids/hydration or anything related to heat illness.