

# YUBA COLLEGE

## ATHLETIC TRAINING PROGRAMS

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### HOW TO BEAT THE HEAT

The following is a heat awareness memo to help coaches and athletes watch for warning signs and ways to prevent heat-related illness and injury. If any athlete shows any signs or symptoms of suffering from heat illness, please contact your Athletic Trainer or EMS (911).

#### **WARNING SIGNS:**

*Athletes complaining of:*

- Thirst
- Irritability
- Headaches
- Dizziness
- Disorientation
- Muscle cramping
- Nausea
- Vomiting
- Extreme fatigue/weakness
- Decreased performance

#### **PREVENTION:**

- Give your athletes a pre-season conditioning program
- Plan workouts for early morning or later in the evening and use shaded areas whenever possible
- Focus on hydration and replacing fluid loss
- Practices should increase gradually in intensity and duration
- Introduce the uniform in stages (i.e.- start with helmets only to helmets and shoulder pads and finally to full pads)

#### **REMEMBER:**

- Hydration begins 24 hours prior to activity and continues throughout and after activity is over
- Heat illness can range from mild to severe
- Increased risk is associated with a variety of environmental factors, personal characteristics, health conditions, and medications
- Be willing to modify activity based on the environmental conditions and be flexible with the rules
- If you know you need a break, take one!

*\*\* Any questions or concerns contact Greg or Corey at (530) 741-6837 or visit us in the Athletic Training Room \*\**



- **HEAT CRAMPS:**
  - *SIGNS AND SYMPTOMS:* Involuntary muscle spasms or cramps; normal pulse and respirations; profuse sweating and dizziness
  - *TREATMENT:* Rest in cool place; massage cramp with ice and o passive stretching; drink cool water with diluted electrolyte solution
- **HEAT EXHAUSTION:**
  - *SIGNS AND SYMPTOMS:* Weakness; confusion; headache; profuse sweating; skin is wet, cool, clammy, and may appear ashen; breathing is rapid and shallow; pulse is weak, discontinue activity until thoroughly recovered
  - *TREATMENT:* Rest in cool room; remove equipment and clothing; execute rapid cooling of body; sponge or towel the individual with cool water or use fan; individual may need IV fluids
- **HEAT STROKE:**
  - *SIGNS AND SYMPTOMS:* Irritability progresses to apathy; unsteady gait and disorientation; pulse is rapid and strong; skin is hot and dry and appears red or flushed; blood pressure falls; may have convulsions, seizures, or slip into unconsciousness
  - *TREATMENT:* **ACTIVATE EMS IMMEDIATELY!** Rest in cool room; rapidly cool the body with ice on the major blood vessels, or use wet compresses in path of an electric fan; treat for shock and transport to hospital immediately

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