Teen Talk: Keeping Cool Day 5

People who exercise in extreme heat are more likely to become dehydrated and get heat-related illness.

WARNING!

If you feel faint or weak, STOP all activity and get to a cool place.

If you plan to exercise while it’s hot outside:

Limit outdoor activity, especially during the middle of the day when the sun is hottest.

Wear and reapply sunscreen as indicated on the package.

Schedule workouts and practices earlier or later in the day when the temperature is cooler.

Pace activity. Start activities slow and pick up the pace gradually.

Drink more water than usual, and don’t wait until you’re thirsty to drink more. Muscle cramping may be an early sign of heat-related illness.

Monitor a teammate’s condition, and have someone do the same for you.

Wear loose, lightweight, light-colored clothing.

Follow additional tips on how to prevent heat-related illness.

Learn how to spot heat-related illness

Seek medical care immediately if you or a teammate has symptoms of heat-related illness.

Take a CDC training course. Learn more on how to spot heat-related illness by participating in this course designed for coaches, teachers, parents, and high school athletes.

Heat-related illness in athletes can be prevented if coaches and athletes are properly educated about heat safety. Provided below are links to resources states are using to support this effort. In addition, we have provided links to two heat-related illness courses and a study on the effectiveness of heat acclimatization guidelines.

Some State Heat Resources for Athletes

Arizona