

HEAT SAFETY

for Coaches & Athletes

KNOW

THE SIGNS:



headaches



thirst



cramping



dizziness

WHAT CAN YOU DO?

- Wear light colored and lightweight clothing
- Drink water as frequently as possible
- Don't let **embarrassment** keep you on the field
- Sleep 6 to 8 hours a night in a cool place
- Stay hydrated on and off of the field
- Track your body weight to make sure you're hydrated

COACHES:

Watch not only heat but humidity levels

Use the WetBulb Globe, available commercially