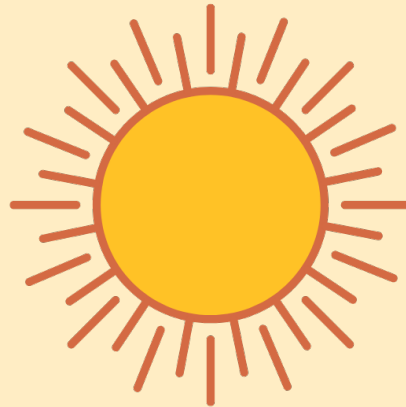


HEAT SAFETY



for coaches and athletes

KNOW THE SIGNS:

- Headaches
- Thirst
- Cramping
- Dizziness

COACHES:

- Watch forecasts for the Heat Index, and the Wet Bulb Globe Temperature where available
- Change practice hours as needed
- Schedule predetermined hydration breaks every 15 minutes
- Allow time for acclimatization at the beginning of the athletic season and during a heat wave

WHAT CAN YOU DO?

- Wear loose, lightweight and light-colored clothing.
- Stay hydrated on and off the field. Hydrate with 16-24 oz. of water or a sports drink before exercise. Drink water often (every 15 minutes) and before you get thirsty during exercise.
- Avoid beverages with alcohol, high caffeine (e.g. energy drinks) and/or sugar.
- Don't let embarrassment keep you on the field. Speak up if you or your teammates are feeling symptoms of heat stress!
- Sleep 6 to 8 hours a night in a cool place.