



Heat illness prevention is a team effort between coaches, parent and athletes. Be sure to hydrate properly when playing sports indoors and outdoors. The key to proper hydration is to drink enough before, during and after workouts.

PREHYDRATE

- Begin workouts well hydrated
- Drink extra water two hours before workouts
- Avoid beverages high in sugar

HYDRATE

- During workouts drink 8-12 oz. every 20-30 minutes
- For longer workouts drink a sports drink to replenish carbohydrates and electrolytes

REHYDRATE

- Weigh before and after workouts
- Drink one pint of water or sports drink for each pound lost

Proper hydration can help make your workouts seem easier and prevent heat illness. For more information on proper hydration and heat illness prevention log on to our website at

BASIC SIGNS AND SYMPTOMS OF EXERTIONAL HEAT ILLNESS

- Disorientation or dizziness
- Headache
- Confusion or just look “out of it”
- Nausea or vomiting
- Diarrhea
- Muscle Cramps
- Loss of muscle function/ balance, inability to walk
- Collapse, staggering or sluggish feeling
- Profuse sweating
- Irrational behavior, irritability, emotional instability
- Decreasing performance or weakness
- Dehydration, dry mouth, thirst
- Rapid Pulse, low blood pressure, quick breathing

SEEK MEDICAL ASSISTANCE

If you or someone you know is suffering from these heat illness symptoms

(Reprinted courtesy of Korey Stringer Institute)



If you suspect that you or someone you know is suffering from an exertional heat illness seek medical assistance immediately. For additional information please see the following websites:



Korey Stringer Institute

<http://ksi.uconn.edu>

Arkansas Activities Association

<http://www.ahsaa.org/activity/73/sports-medicine>



Arkansas EMS-Children Program

<http://www.healthy.arkansas.gov/programsServices/hsLicensingRegulation/EmsandTraumaSystems/Pages/EMSC.aspx>