



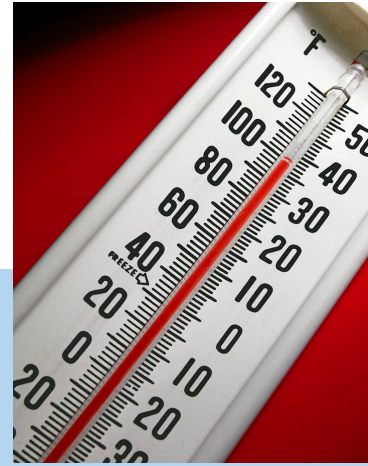
PLAYING MY BEST
SPORTS
DISCOVER YOUR ELITE ATHLETE

HEAT ILLNESS

Athletes are prone to developing heat illness, especially during the hot summer months (Common in soccer players who are participating in all-day tournaments) Heat illness is a serious, potentially life-threatening medical condition that can be prevented.

There are three types of heat illness listed below in order of severity from least to most severe:

- Heat cramps
- Heat exhaustion
- Heat stroke



SIGNS AND SYMPTOMS OF HEAT CRAMPS

- Occur after strenuous exercise
- Pain and cramping in the legs or abdomen
- Dizziness, weakness, and profuse sweating

SIGNS AND SYMPTOMS OF HEAT EXHAUSTION

- Happens when an athlete is exposed to heat for a prolonged period of time
- Sweating mechanism becomes overwhelmed
- Nausea, dizziness, weakness, headache, pale moist skin, weak pulse and disorientation

SIGNS AND SYMPTOMS OF HEAT STROKE

- Strikes suddenly with little warning
- Body's cooling system fails and body temperature rises
- Hot, dry skin, fast pulse, confusion, potential loss of consciousness
- Stop sweating



Official Sports Medicine and Performance Enhancement Provider to Utah Youth Soccer and Rocky Mountain School of Baseball

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PREVENTING HEAT ILLNESS

- Do not exercise during the hottest part of the day (if you have a soccer game during that time stay well-hydrated)
- Wear light, loose clothing (cotton or cool max)
- Wear sunscreen
- Wear a hat that provides shade and at the same time allows ventilation (mesh) or hang out under shade tents between games
- Drink water (1 cup) every 15 minutes, 20 oz./ hour
- Do not wait until you feel thirsty to drink...if you wait until you're thirsty you are already dehydrated
- If you feel your abilities start to diminish, stop activity and find a shady place to cool off. Remove wet clothing if possible
- Avoid alcohol or caffeine

**REMEMBER IT IS EASIER TO
PREVENT HEAT ILLNESS THAN
TO TREAT IT ONCE SYMPTOMS
BEGIN TO DEVELOP!**

