



Hot Weather Precautions



IT IS GOING TO BE HOT THIS WEEKEND

Take extra care for sporting events during hot weather

THERE ARE THINGS YOU SHOULD KNOW AND THINGS YOU SHOULD DO TO PROTECT YOURSELF AND YOUR PLAYERS

1. Hydrate well in advance of the tournament.
1. Drink eight (8) glasses of water per day. Ideally this should begin at least two days before their first game.
2. Bring lots of fluids to the tournament, water and sports drinks to replace electrolytes.
2. Have access to a small cooler with cold wet towels to cool players.
3. Have access to a shade tent
4. Wear Sunscreen
5. Fill small plastic bags with water that can be thrown to players on the field that they can use to dump on their heads. (Make sure to tell the players not to leave the empty bag on the field. They can stuff it in their socks if necessary)
6. Remember that everybody will handle the heat differently. Err on the side of caution.
7. Stay cool have fun!

- THERE SHOULD BE HYDRATION BREAKS DURING EACH HALF
- SUBSTITUTE OFTEN
- STAY IN THE SHADE ON THE SIDELINE
- DRINK FLUIDS BEFORE AND DURING THE GAME

Stay alert to how you feel and to those around you

Coaches - Watch for signs of Heat Exhaustion and Heat Stroke

- **Heat Exhaustion** - Loss of fluids and salts causes a form of shock
 - Skin - pale, cool and moist
 - Heavy sweating
 - Feeling feint
 - Complaints of headache, weakness (or shows signs of weakness), nausea
 - Body core temperature has risen
 - Move to shade
 - Give rest
 - Administer fluids
 - Seek emergency medical help if unconscious or vomiting
- **Heat Stroke** – Cause is heat and a medical condition – may be life threatening
 - Skin - flushed color, hot and dry
 - Abnormal mental status
 - Dizzy, confused or delirium
 - Hyperventilating
 - Body core temperature has risen
 - Seek emergency medical help

More information: www.emedicinehealth.com or
http://www.ussoccer.com/common/stContent.jsp_51-MedInfo01.html