



Heat Safety Tips for Athletes and Coaches

The Florida Division of Public Health encourages young athletes and coaches to be careful when exerting themselves during high temperatures in Florida. According to the American Academy of Pediatrics, when the air temperature exceeds 95° F, children have a lower exercise tolerance and ability to adapt to extreme temperatures than adults. Adolescents' adaptability falls in between.

Recommendations for Athletes and Parents

- Wear light-colored and light-weight clothing. If clothes become saturated with sweat, change into dry clothing.
- Drink water as frequently as possible. During long bouts of intense exercise, it is a good idea to use a sports drink with sodium to replace nutrients lost in sweat. Most sports drinks contain adequate salt levels.
- Pay attention to the early signs and symptoms of dehydration, which include dry or sticky mouth, thirst, headache, dizziness, cramps, and/or excessive fatigue.
- Inform a coach or adult right away if you feel dehydrated or sick. Don't let embarrassment keep you in danger.
- Sleep at least six to eight hours a night in a cool environment, eat a well-balanced diet, and stay hydrated throughout the day.

Recommendations for Coaches

- Know the signs and symptoms of heat-related illness. Educate athletes and coaches regarding the prevention, recognition, and treatment of heat illnesses.
- Be aware of heat and humidity levels when evaluating conditions for practice.
- Schedule practices to avoid the hottest part of the day.
- Enforce regular rest periods in the shade and ensure players drink adequate amounts of water.
- Substitute players to allow for adequate rest periods.
- Encourage players to stay hydrated throughout the day, before and after practice or games.

Heat Cramps	Heat Exhaustion	Heat Stroke
<p>Signs: Brief muscle cramps or spasms</p> <p>What to do: Stop activity and hydrate</p>	<p>Signs: Weakness, dizziness, heavy sweating, nausea or vomiting, fainting, cold or clammy skin</p> <p>What to do: Move to a cool place, remove excess clothing Cool with fans, wet cloth, or ice packs Monitor heart rate and body temperature, elevate legs, hydrate Seek medical attention if symptoms continue</p>	<p>Signs: High body temperature of 103° F or higher, confusion, rapid pulse, seizures, unconsciousness, coma</p> <p>What to do: Call 9-1-1 to seek immediate care Move to a cool place and remove excess clothing Cool with wet cloth or ice packs</p>