HOT WEATHER- CAUTIONS, CAUSES, and CARE

DEFINITION

I. Heat Exhaustion—unaccustomed exertion in hot, humid environment, dehydration, excess loss of salt through sweat, inability to dissipate generated body heat, deficient repletion of salt and water.

II. Heat Stroke—unaccustomed exertion in hot, humid environment; failure of temperature regulatory mechanism sends body heat dangerously high.

SYMPTOMS

Fatigue, nausea, vomiting, faintness, headaches, cramps.

SIGNs

Profuse sweating, rapid pulse, ashen cold, stupor.

COMPLICATIONS

Fatigue can lead to injury, heat exhaustion can turn into heat stroke.

REMEMBER: Heat stroke can occur in two ways. First, if heat exhaustion is not treated heat stroke can follow. Profuse sweating that results in dehydration may cause heat stroke. DON’T BE MISLED BY A WET JERSEY, check the athlete carefully, if he/she has stopped sweating, take the proper steps.

Heat stroke may occur without signs of heat exhaustion. The body temperature rises to above 105°, the athlete requires emergency treatment.

Complications: Death or irreversible brain damages from high fever lessened tolerance to heat stress even with an uneventful recovery.

PREVENTION

A. Careful medical history and checkup.

B. Work out during cooler morning and evening hours. It is generally hottest at 2:00 p.m. and stars to cool after 4:00 p.m. Night workouts are advisable.

C. Acclimatize athletes to hot-weather activity with graduated practice schedules.

D. Provide rest periods of 15 to 20 minutes during workouts of an hour or more.

E. Provide water at all times and allow to remove helmet. This will prevent dehydration and heat fatigue.

F. Weight players before and after practice. If weight loss is high observe the player carefully and hold out of practice until normal weight returns.
G. Remember that the temperature and humidity, not the sun, are the important factors. If the temperature and humidity are both high and there is little or no wind, have a short practice and observe players carefully.

IV. Care

A. Heat Stroke: when heat stroke occurs the body temperature must be lowered immediately. While someone calls for an ambulance, loosen clothing, take off headgear, shoes, socks and cut off jersey if unconscious. ICE the body especially the wrist, fan with wet towels; if convulsions occur, turn on side to drain fluids from the mouth. Continue cooling, watch for breathing, and clear mouth if vomiting occurs. It athlete refuses water or starts to lose consciousness, call an ambulance.

These conditions are preventable. Do not sacrifice conditioning time for technique teaching. This sacrifice will cost you in injuries and heat cases.

On the field requirement (this equipment need to be on the field at all time):

First Aids Kit
AED (Automated External Defibrillator)
Heat Stress Meter (Wet Bulb)
Stock Tank (fill with water and ice standing by)
Polar Life Pod
Wet Towel
Ice