

KEEP IT COOL, KIDS!

HOW TO RECOGNIZE, PREVENT & TREAT HEAT ILLNESS IN STUDENT ATHLETES

SUMMER 2023 WAS EARTH'S HOTTEST SINCE RECORDS BEGAN IN 1880.

Hotter summers mean it is more important than ever to keep active kids safe. Did you know that kids can get sick from heat easier than adults?

Heat illness is a rising risk for active kids and especially, student athletes. Nearly 9,000 high school athletes in the US are treated for health illnesses like heat stroke and muscle cramps each year.



SIGNS & SYMPTOMS

HEAT CRAMPS

Brief muscle cramps or spasms

DEHYDRATION

Increased thirst or dry mouth; headache; lack of energy; reduced or darker urine

HEAT EXHAUSTION

Dehydration; headache; dizziness; heavy sweating; nausea or vomiting; muscle cramps

HEAT STROKE

Headache; dizziness; heavy sweating; nausea or vomiting; fainting; hot skin; high heart rate and breathing; potential seizures



TREATING HEAT ILLNESS

Consult your coach for your team's action plan. Treatments include:

- ☀️ Remove extra clothing and equipment
- ☀️ Move to a shaded or air-conditioned area
- ☀️ Cool the body with cold cloths or ice
- ☀️ Drink cold water or sports drink if not nauseated or vomiting
- ☀️ Raise legs above heart level to support blood flow
- ☀️ **Call 911** if signs and symptoms continue or become worse



HOW TO PREVENT HEAT ILLNESS



Drink plenty of water. Don't wait until your child feels thirsty.



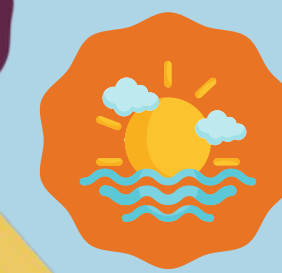
Look for shade. Provide a shaded space for breaks.



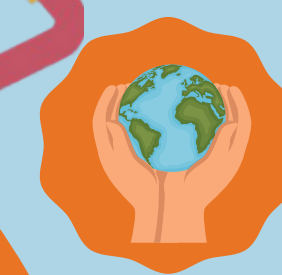
Enforce more breaks. Increase the number of breaks in shaded areas with water.



Limit equipment whenever safe. Limit activities that require heavy equipment like helmets and shoulder pads.



Schedule events earlier or later. Schedule events earlier or later when it is cooler.

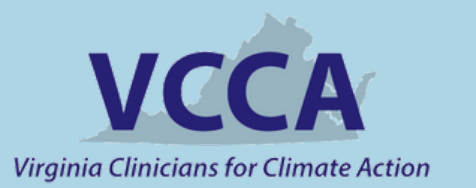
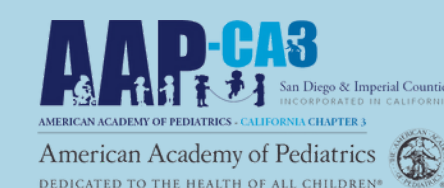


Consider climate change. Keep summers safe by helping reduce air pollution.

SOURCES

- Falk, B., & Dotan, R. Temperature regulation and elite young athletes. *Medicine and sports science*. 2011
- Kennedy, E., et al. *Thermally Comfortable Playgrounds: A review of literature and survey of experts (Technical Report)*. National Program for Playground Safety, University of Northern Iowa. 2020
- Casa, D. J., et al. *National Athletic Trainers' Association Position Statement: Exertional Heat Illnesses*. *Journal of Athletic Training*. 2015
- NASA. *Climate Change: Vital Signs of the Planet*, 14 Sept. 2023. climate.nasa.gov/news/3282/nasa-announces-summer-2023-hottest-on-record.
- CDC. *Heat Illness Among High School Athletes*, 20 Aug. 2010. <https://www.cdc.gov/mmwr/preview/mmwrhtml/mm5932a1.htm>

Publication funded and supported by



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IS YOUR STUDENT ATHLETE AT RISK FOR HEAT ILLNESS?

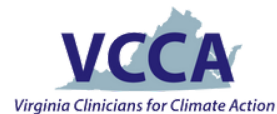
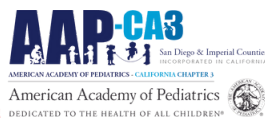
Some factors place young athletes at higher risk from heat:

- ☀️ Low fitness
- ☀️ Dehydration
- ☀️ Fatigue
- ☀️ Heavy clothing/equipment
- ☀️ Long or intense exercise
- ☀️ Certain drugs including ADHD medications (consult physician)

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KEEPING KIDS SAFE IN WARMING SUMMERS

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HOW TO PREVENT HEAT ILLNESS



Drink plenty of water. Don't wait until your child feels thirsty.



Look for shade. Provide a shaded space for breaks.



Enforce more breaks. Increase the number of breaks in shaded areas with water.



Limit equipment whenever safe. Limit activities that require heavy equipment like helmets and shoulder pads.



Schedule events earlier or later. Schedule events earlier or later when it is cooler.



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RETURNING AFTER HEAT ILLNESS

Children need time off to recover and be free of symptoms before return to play. Seek medical clearance for safety.



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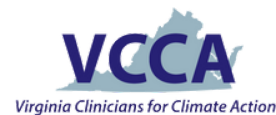


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