

Heat Illness Prevention Checklist



Acclimatization

- 7 to 14 days of exercise in a hot outdoor environment for the body to adapt to strenuous conditions of heat which will occur during outdoor sports in the hot summer conditions. Maximum acclimatization may not occur for 2 months.
- Exercises should not last longer than 3 hours, and no more than 6 consecutive days.
- Exercises are done with no pads or helmet for the first 3 days.
- No more than 3 consecutive days with no outdoor activity. Heat acclimatization can diminish in as little as 6 days.

Hydration

- Drink 17-20oz of water or sports drink 2 hours before activity.
- Drink 7-10oz of water or sports drink 10 to 20 minutes before activity.
- Drink 7-10oz of water or sports drink during every 10-20 minutes of activity.
- Drink 25-50% more fluid compared to sweat loss (sweat rate) during activity.
- $\text{Sweat Rate} = \frac{\text{Pre-exercise body weight (Kg)} - \text{Post-exercise body weight (Kg)} \times 1000 \text{ (to get grams)} + \text{fluid intake (mL)} \text{ (during exercise)} - \text{urine volume}}{\text{exercise in hours}}$
- Way of simplifying the sweat rate formula is to have an established 1 hour exercise session without allowing rehydration or urination.
- Fluid temperature recommended is between 50°F and 59°F.
- Consuming 50% water and 50% sports drink can aid in restoring carbohydrates used during exercise as well as helping maintain electrolyte levels.

Nutrition/Electrolytes

- Eat well balanced meals in accordance to www.mypyramidtracker.gov.
- Make sure you are eating enough calories to replace what you are expending during practice/exercise.
- Not sure if you are eating properly? Ask someone for help.
- During the first 3-5 days of acclimatization use salt liberally on all of your food. This will aid in the acclimatization process.
- Supplemental electrolytes via Medi-Lyte tablets if needed.

Rest/Sleep

- Very simple and straight forward, 6-8 hours of sleep/night, no exceptions!