

HEAT ILLNESS PREVENTION

PRE-SEASON

- All athletes should undergo a gradual increase in activity (intensity & duration) in the heat over a 14 day build up period prior to the official start of their season. This acclimatization should be done either with their coach during pre-season practices or, if the athlete cannot attend pre-season practices, it is up to them to acclimatize themselves so they are ready to begin the season with the team.
- A Pre Participation Physical Exam must be completed prior to the start of the season to help identify athletes who may be predisposed to heat illness.
- Coach Education:
 - o All Coaches will be given and made to review strategies in the prevention, recognition and treatment of dehydration and heat illness.
 - o All coaches with outdoor sports will be provided with heat index monitors.
- Athlete and Parent Education:
 - o All Athletes and Parents will be able to access, on the Oakwood Athletics website, information regarding the prevention, recognition and treatment of dehydration and heat illness as well as proper fluid and food intake to help prevent heat illness.

IN SEASON

- All athletes should begin outdoor exercise activities only after they are properly hydrated.
- Athletes should not participate in activity if they already have signs of illness such as fever, diarrhea, extreme fatigue, etc. This can decrease the body's tolerance for heat.
- Exercise Hydration:
 - o Before: 17-20oz of water or sports drink 2-3 hours before exercise. Another 7-10oz should be consumed 10-20 minutes before exercise. For intense exercise, carbohydrate should also be consumed about 30 minutes before.
 - o During: 7-10oz every 10-20 minutes
 - o After: Water, Carbohydrate and Electrolytes to speed and restore hydration & glycogen stores

- Activity guidelines
 - o A = no restrictions
 - o B = 5-10 minute rest every 20-30 minutes
 - o C = 5-10 minute rest every 15-20 minutes
 - o D = Cancel all outdoor activities, practices moved to an inside air conditioned space if possible

