

SAFETY PRECAUTIONS FOR PLAYING IN WARM WEATHER



You may be playing your matches in conditions to which you are not accustomed. The temperature and/or humidity can get quite high. If you follow the suggestions below, there is no reason why you cannot have good, fun and safe tennis matches!

Replenish your body with both water and electrolytes. You will lose fluid from your body through perspiration. Along with water, you lose sodium, potassium and other electrolytes. All athletes should drink plenty of fluids (water, sport drinks, juice, milk, etc.) throughout the day. If you wait until you are thirsty, you have waited too long. Note: your body can lose a lot of fluid, via evaporation, while you are flying (for example) since the air in the passenger compartment is very dry. You should drink 1 cup of non-caffeine or non-alcoholic drink per hour.



Drink fluids prior to and while playing tennis. In addition to your normal daily intake, drinking 16 to 20 ounces of water, juices, or sports drink 60-90 minutes before your match can further help in avoiding heat disorders. Bring a large thermos of water or sport drinks with you on court and drink frequently at changeover.

Remember, you are allowed 20 seconds between points and 90 seconds at the changeover. Use this time to recover. Take advantage of shade during changeover as much as possible by using an umbrella. Use a cool towel on the face, neck and upper back.

After your match drink plenty of fluids, such as water, Gatorade, lemonade, juice, etc. If you prefer, dilute any of these to your own taste. Water by itself does not replace necessary electrolytes. Don't forget to eat! Fresh fruit and fruit juices are an excellent source of some electrolytes and carbohydrates. You may have to make a special effort to replace salt in your body as well.

Protect your body. Wearing white really can help in hot weather. Use cotton/polyester blends rather than 100% cotton or tightly woven nylon. Have an extra dry shirt available for change. Perspiration can block ventilation when the shirt is soaked and on humid days, the cooling of evaporation is of little significance.

Use sunscreen. Use waterproof/sweat proof sunscreen that blocks both UVA and UVB rays. Have a SPF of at least 15, but an SPF 30 or above is recommended. Wear a wide-brimmed hat that is well ventilated and shades the face and neck.

SIGNS AND SYMPTOMS OF HEAT DISORDER

1. **Heat cramps:** muscle spasms, usually due to extensive and repeated sweat losses, fatigue, and normal body temperature.
2. **Heat exhaustion:** extreme weakness, exhaustion, headache, dizziness, nausea, profuse sweating, chills and cool skin, normal body temperature, rapid pulse, sometimes unconscious.
3. **Heat stroke:** hot, dry skin, headache, nausea, confusion, staggering gait, extremely high body temperature, collapse, unconsciousness, sometimes death.

If heat exhaustion and/or heat stroke should occur, do the following:

1. Call a doctor or emergency 911 services. Keep applying ice water continuously and generously until medical assistance arrives.
2. Loosen the player's clothing at once.
3. Place player in a prone position in the shade.
4. Apply ice to head and body -- or whatever means are available to provide cooling to the body