



LONE GROVE SCHOOLS
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WHY DO HEAT ILLNESSES OCCUR?

When an athlete exercises, the body's temperature is elevated and the body sweats to cool itself down. During this process, body fluids as well as critical electrolytes are lost. If the body isn't replenished with fluids and electrolytes, dehydration may occur and increase the risk of a heat illness such as heat stroke. Parents play a critical role in the hydration and proper fluid intake of their child. Appropriate hydration is a 24 hour a day program!

WHAT ARE THE SYMPTOMS OF HEAT ILLNESS?

Some symptoms include:

- Chills
- Dark colored urine
- Dizziness
- Dry mouth
- Headaches
- Thirst
- Weakness

If heat illness progresses, more serious symptoms such as difficulty breathing, body temperature increasing to dangerous levels, muscle cramps, nausea, and tingling of the limbs—and even death—may occur.

HOW CAN HEAT-RELATED ILLNESSES BE PREVENTED?

The most effective treatment for heat-related illnesses is prevention, including:

- Proper training for the heat
- Fluid replacement before, during and after exertion**
- Appropriate clothing—light colored, loose fitting and limited to one layer
- Early recognition via direct monitoring of athletes by other players, coaches and medical staff
- Monitoring the intensity of physical activity appropriate for fitness and the athlete's acclimatization status
- If possible, having an athletic trainer on site during events and practices to properly prevent and treat heat illnesses.