**10 TIPS TO PREVENT HEAT RELATED ILLNESSES**

1. **Start conditioning & hydrating regularly, no less than 30 days prior to the start of practice. This gives your body time adjust to working out in the heat. Weigh yourself before and after work outs or practice. You should never loose more than 7 lbs. after a workout or practice.**
2. **Absolutely NO intake of carbonated beverages  or drinks high in sugar (ex. Kool-aid and huggies).**
3. **Once you start conditioning; you should be drinking 16-32 .oz of water and or sports drinks throughout the day. When you arrive at practice you should already be hydrated. DO NOT over do it, too much fluid can also be harmful. You shouldn’t have the feeling that your stomach is floating.**
4. **You should drink sports drinks (ex. PowerAde) before and after practice not during. Sports drinks are used to replenish the body of electrolytes that are lost during activity. Athletes should only be drinking water during practice.**
5. **DO NOT wear "doo rags" or any type of head coverings besides a helmet during the hot summer months. These types of head coverings will only trap heat in your body. Your scalp has hundreds of thousands of sweat glands and pores that release body heat. If the pores are covered the heat will travel back down into your body to find a release point; which can result in your body over heating.**
6. **If you have been running a fever or suffering from diarrhea or vomiting, you need to tell your coach and NOT practice. You should be clear of all symptoms at least 48 hours before returning to the field.**
7. **Change your diet; eat salads and or baked foods during this time. Eat more fruits and vegetables; bananas are really great source of potassium which reduces cramps. Stay away from fried foods and foods high in saturated fats.**
8. **NEVER come to practice on an empty stomach; you should have eaten a healthy meal or healthy snack 2 hours before practice. You body needs energy to burn and that’s what healthy foods are, energy. If there’s none present in your body, the body will try to pull that energy from other places. This can result in passing out or dizziness.**
9. **Limit the layers of clothing your wear to practice; breathable clothing is highly recommended. Nike and Under Armor make excellent breathable shirts.**
10. **ANYTIME you suffer the following symptoms: nausea, blurred vision, headache, not sweating, dizziness or cold chills. Tell a coach or parent. These could be symptoms of heat stroke.**

Coach Pooka