

In regard to Heat Illnesses..

The health and wellbeing of our athletes is of utmost importance.

PREVENTION

1. Provide for frequent rest breaks in your practice period. (20-30 minute intervals)
2. Provide for the intake of plenty of fluids. Proper Hydration reduces the risk of heat illness, eliminates muscle cramps and improves performance!!
3. Provide for proper stretching before starting your practice.
4. Watch for and inform students that tape or clothing that is binding is to be avoided.
5. Encourage students to increase the intake of salt in their diet.

SYMPTOMS

- | | |
|---------------------|-------------------|
| 1. Rapid weak pulse | 5. Headache |
| 2. Clammy skin | 6. Faintness |
| 3. Fatigue | 7. Disorientation |
| 4. Nausea | |

TREATMENT

1. Rest in shaded, cool area
2. Lay down, feet elevated
3. Ice towels, sponge buckets, hoses
4. Intake of fluids

Central's Cross Country Practice Plan (for extreme heat)

- Warmup laps around the building
- Water break
- agilities
- Water break
- Neighborhood run (1.2 miles) and / or run around track with 'mister' access
- Water break
- Repeat neighborhood run/track run
- Cool down and stretch

We provide water at every practice and they are also to bring their own. 'Hydration thru out the day', proper clothing, and heat illness symptoms info are all shared with the athletes.