



BEAT THE HEAT

Intense exercise, hot and humid weather and dehydration can seriously compromise athlete performance and increase the risk of exertional heat injury. Report problems to medical staff immediately.



PROTECT YOURSELF AND YOUR TEAMMATES:

Know the Signs

- ✓ Muscle cramping
- ✓ Decreased performance
- ✓ Unsteadiness
- ✓ Confusion
- ✓ Vomiting
- ✓ Irritability
- ✓ Pale or flushed skin
- ✓ Rapid weak pulse

Report your Symptoms

- ✓ High body temperature
- ✓ Nausea
- ✓ Headache
- ✓ Dizziness
- ✓ Unusual fatigue
- ✓ Sweating has stopped
- ✓ Disturbances of vision
- ✓ Fainting

For more information, talk to a certified athletic trainer.