

# YOUTH SPORTS SAFETY ALLIANCE™

## **The Risk of Heat Related Illness**

According to the Center for Disease Control and Prevention, heat stroke and heat exhaustion occur when the body is incapable of suitably cooling itself. When an athlete's body temperature is rising faster than sweat is able to cool it, heat-related illness occurs. To ensure the highest safety for student athletes, the CDC suggests:


- Limit outdoor activity, especially during the middle of the day when the sun is hottest.
- Wear and reapply sunscreen as indicated on the package.
- Schedule workouts and practices earlier or later in the day when the temperature is cooler.
- Pace activity. Start activities slow and pick up the pace gradually.
- Drink more water than usual, and don't wait until you're thirsty to drink more. Muscle cramping may be an early sign of heat-related illness.
- Monitor a teammate's condition, and have someone do the same for you.
- Wear loose, lightweight, light-colored clothing

The National Athletic Trainers Association advises a 14 day heat-acclimatization period before full athletic participation to increase heat tolerance and reduce the risk of heat-related illness. The full guideline can be reviewed here: [Preseason Heat-Acclimatization Guidelines for Secondary School Athletics](#)

Until temperatures cool down later in the year, there are many symptoms to look for:

## HEAT-RELATED ILLNESSES

WHAT TO LOOK FOR	WHAT TO DO
<b>HEAT STROKE</b>	
<ul style="list-style-type: none"><li>• High body temperature (103°F or higher)</li><li>• Hot, red, dry, or damp skin</li><li>• Fast, strong pulse</li><li>• Headache</li><li>• Dizziness</li><li>• Nausea</li><li>• Confusion</li><li>• Losing consciousness (passing out)</li></ul>	<ul style="list-style-type: none"><li>• Call 911 right away—heat stroke is a medical emergency</li><li>• Move the person to a cooler place</li><li>• Help lower the person's temperature with cool cloths or a cool bath</li><li>• Do not give the person anything to drink</li></ul>
<b>HEAT EXHAUSTION</b>	
<ul style="list-style-type: none"><li>• Heavy sweating</li><li>• Cold, pale, and clammy skin</li><li>• Fast, weak pulse</li><li>• Nausea or vomiting</li><li>• Muscle cramps</li><li>• Tiredness or weakness</li><li>• Dizziness</li><li>• Headache</li><li>• Fainting (passing out)</li></ul>	<ul style="list-style-type: none"><li>• Move to a cool place</li><li>• Loosen your clothes</li><li>• Put cool, wet cloths on your body or take a cool bath</li><li>• Sip water</li></ul> <p><b>Get medical help right away if:</b></p> <ul style="list-style-type: none"><li>• You are throwing up</li><li>• Your symptoms get worse</li><li>• Your symptoms last longer than 1 hour</li></ul>
<b>HEAT CRAMPS</b>	
<ul style="list-style-type: none"><li>• Heavy sweating during intense exercise</li><li>• Muscle pain or spasms</li></ul>	<ul style="list-style-type: none"><li>• Stop physical activity and move to a cool place</li><li>• Drink water or a sports drink</li><li>• Wait for cramps to go away before you do any more physical activity</li></ul> <p><b>Get medical help right away if:</b></p> <ul style="list-style-type: none"><li>• Cramps last longer than 1 hour</li><li>• You're on a low-sodium diet</li><li>• You have heart problems</li></ul>
<b>SUNBURN</b>	
<ul style="list-style-type: none"><li>• Painful, red, and warm skin</li><li>• Blisters on the skin</li></ul>	<ul style="list-style-type: none"><li>• Stay out of the sun until your sunburn heals</li><li>• Put cool cloths on sunburned areas or take a cool bath</li><li>• Put moisturizing lotion on sunburned areas</li><li>• Do not break blisters</li></ul>
<b>HEAT RASH</b>	
<ul style="list-style-type: none"><li>• Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)</li></ul>	<ul style="list-style-type: none"><li>• Stay in a cool, dry place</li><li>• Keep the rash dry</li><li>• Use powder (like baby powder) to soothe the rash</li></ul>



## YSSA Member Spotlight



InjureFree has partnered with Jacksonville Sports Medicine Program, a fellow Alliance member, to help standardize reporting, accurately track injury statistics, analyze trends, and prevent further injury in the Jacksonville, Florida area. Since InjureFree tracks health care and emergency room visits, Jacksonville Sports Medicine Program will be able to quantify the financial impact of athletic trainers.

InjureFree is a product of the Agency for Student Health Research. The web-based injury reporting platform was created in response to the rising concern for athlete safety and the long-term effects of concussions. After a four year development project, the HIPAA and FERPA compliant software and mobile app reporting platform is now collecting injury reports across the world.

InjureFree was designed to be a solution for organizations working to improve athlete care and is focused on providing stakeholders and caregivers a tool for the future. In use at the youth sports, high school, college and pro levels, InjureFree provides a secure line of communication and creates a virtual “connected care eco-system” between all caregivers. The data collected is being used by administrators to improve health outcomes within their populations and collectively throughout the world.

InjureFree is partnered with organizations across the country to streamline medical care for youth athletes. More information on the app and all that they are accomplishing can be found at [www.InjureFree.com](http://www.InjureFree.com)

If you would like to be our next member spotlight, please contact:

[info@youthsportsafetyalliance.org](mailto:info@youthsportsafetyalliance.org)

# New To YSSA

Please join us in welcoming our newest YSSA members!

[Go4Ellis](#)  
[Premier Scouting Service, LLC](#)  
[Kinesiology Institute for Performance Specialists](#)

## YSSA Wants To Know What Members Are Doing!

The Alliance wants to ensure that every member has the resources available to help succeed and network with other members. Please send us a mission statement and update on your organization so that we can better serve you!

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