

Exertional Heat Illness

Individual Risk Factors

Exertional Heat Illness is a term used for medical conditions caused by exposure to heat during physical activity. Some people may be at greater risk due to:

AGE

- *Children and adults over 65 are considered at greater risk of experiencing a heat illness during sporting participation*

PHYSICAL CONDITION

- *Some people may experience a heat illness in cooler climates if they are exercising at a moderate to high intensity*

ACCLIMATISATION

- *The risk of exertional heat illness increases if the body is not conditioned to warm and/or humid climates*

ILLNESS AND MEDICAL CONDITION

- *Individuals may be more affected by heat if they have an existing illness or they are taking medication*

DEHYDRATION

- *Hydration is needed to keep your body's core temperature down during sport, particularly during warm to hot weather conditions*

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