

Exertional Heat Illness

Reduce Your Risk

Participating in sport during hot weather can pose a risk to your health. During extreme weather events, heat waves or hot days, consider the following:

HYDRATE

- *Rehydrate with water before, during and after sport to compensate for what the body loses in sweat*
- *Avoid excessive consumption of fluids which get rid of water from the body and lead to dehydration, such as alcohol, coffee and high sugar drinks*

STAY COOL

- *If it gets too hot, cool down in a shaded area or in an air-conditioned area if available*

WEAR PROTECTIVE CLOTHING

- *Where possible, wear lightweight clothing including a sunhat and cover your arms, legs and neck*

TELL SOMEONE

- *If you begin to feel unwell, stop activity, notify an official, coach, parent or administrator*

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