For Whom
- Players, umpires, coaches, officials, teachers, spectators, sports trainers

What to wear
- Wear light clothing - light in colour and weight
- Wear a hat or visor - a broad brimmed hat is preferred
- Wear a 30+ sunscreen to prevent skin damage and skin cancer
- Wear sunglasses to protect your eyes

SYMPTOMS OF HEAT INJURY OR HEAT STROKE

It is important you are aware of and react quickly to the following symptoms of heat injury:
- Fatigue
- Nausea
- Headache
- Confusion
- Lightheadedness

You should stop activity, drink more fluids and cool down. If the symptoms do not improve rapidly, you should seek medical advice.

For guidelines on cancelling and modifying events, due to hot weather, refer to Hot Weather Guidelines and Wet Bulb Globe Temperature information available from www.smasa.asn.au

Avoid heat stress and poor performance by adequate fluid replacement during your sport or activity.

- Exercise in hot or humid weather will result in additional fluid loss and increase the risk of dehydration
- Dehydration contributes to fatigue and may make you more susceptible to cramps, heat stress and heat stroke.
- Even small degrees of dehydration can cause a decrease in exercise performance
  - Physical and mental performance deteriorates at even 2% of body weight loss (e.g. 1.5 kg for a 75 kg person)
  - If you lose 5% of your body weight (e.g. 3.5 kg for a 70 kg person) then serious heat injury can occur.
- Children are at much greater risk of heat stress

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- Wear sunglasses to protect your eyes
• Avoid starting exercise dehydrated. Drink plenty of fluids for several hours prior to exercise.
• If you are well hydrated you should be able to pass a good volume of clear urine in the hour before exercise.
• Drink approximately 500ml (2 glasses) in the two hours prior to exercise.
• Drink 500 - 700ml (2-3 glasses) of cool water or sports drink every 60 minutes during exercise.
• During exercise take advantage of all breaks in play to drink up.
• After exercise, fluid deficits should be replenished to ensure you are re-hydrated but not over-hydrated.

Dehydration, heat and sun injury can be prevented and should be part of a player’s pre-activity plan, so...

BEAT THE HEAT

Take extreme care if exercising in hot weather.

EMERGENCY PLAN
• Lie the victim down.
• Loosen and remove excessive clothing.
• Cool by fanning.
• Give cool water to drink if conscious.
• Apply wrapped ice packs to groins and armpits.
• SEEK MEDICAL ASSISTANCE.