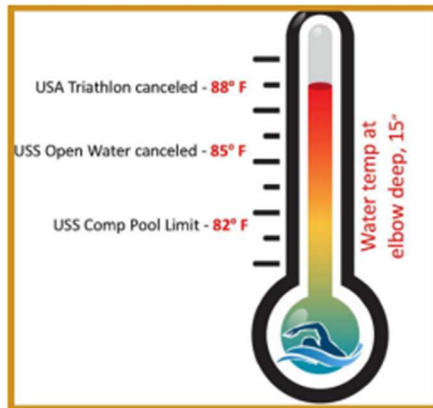


Awareness and Risk Reduction of Heat Illness in Aquatic Sports

Signs and Symptoms of Exertional Heat Stroke

Headache
Lightheadedness
Excessive sweating or flushing
Fatigue
Chills and/or goose bumps
Nausea or vomiting
Cramps, muscle tightness, or spasm
Core temperature >105
Confusion or aggression
Loss of consciousness
Rapid breathing
Increased heart rate
Seizures
Low blood pressure



Athletes and coaches are at risk for heat illness. Air temperature, humidity, and WBGT readings help assess risk for dry or land sports, but there are steps to safeguard aquatic athletes and coaches.

Water Temperature – largest environmental factor	
	Mitigation Suggestions - Take pool temperatures at a depth of 15" - Partner with the pool operator to ensure aeration whenever possible - Practice when the pool is not in full sun - Limit use and/or break without swim caps - Maximize evaporative cooling by getting as much skin out of the water as possible - Coach from the shallow end - Allow sitting on the edge between swims
Hydration – not just for cooling	
	Mitigation Suggestions - Educate swimmers on signs of good hydration - Regular bathroom trips & light urine - If you're thirsty, you're already behind - Heart rate recovers as usual between swims "Pruniness" of fingertips may suggest deficit - Expect/teach pre-hydration with electrolytes - Personal bottles/jugs of ice & water at poolside - Coordinate ice slurry/water from your athletic trainer
Breaks – cooling and cardiovascular recovery	
	Mitigation Suggestions - Planned breaks when all are expected to drink ice/slurry mix - Freq/duration appropriate considering the intensity, water temp, distance and interval - Listen to your athletes if the water is warmer - Use break time to monitor heart rate recovery - Maximize skin above the surface

If you suspect an athlete or coach is suffering from exertional heat stroke, move to the coolest, breeziest area in your facility and **activate your site-specific Emergency Action Plan**

