



Colorado Youth Soccer Risk Management HEAT STROKE OR HEAT EXHAUSTION

People suffer heat-related illness when the body's temperature control system is overloaded. The body normally cools itself by sweating. But under some conditions, sweating just isn't enough. In such cases, a person's body temperature rises rapidly. Very high body temperatures may damage the brain or other vital organs. Several factors affect the body's ability to cool itself during extremely hot weather. Soccer players are subjected to periods of extreme physical exertion which can deplete the amount of water in the system and ultimately the body can't cool itself by sweating. Spectators can also experience similar situations by just being on the sidelines.

WHAT IS HEAT STROKE

Heat stroke is the most serious heat-related illness. It occurs when the body becomes unable to control its temperature: the body's temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down. Body temperatures may rise to 106°F or higher in 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not provided.

WHAT IS HEAT EXHAUSTION

Heat exhaustion is a milder form of heat-related illness that can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement of fluids. Summer tournament play carries a potential of heat exhaustion due to several days of exposure and unbalanced replacement of fluids. IF HEAT EXHAUSTION IS UNTREATED, IT MAY PROGRESS TO HEAT STROKE.

SYMPTOMS

The warning signs of heat stroke and heat exhaustion may vary but include the following: paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or vomiting and fainting (unconsciousness). If the person has an extremely high body temperature (above 103°F) and is not sweating, it is probable that the person is experiencing heat stroke and you should seek emergency treatment immediately.

PREVENTION

Drink plenty of liquid prior to playing or watching a match; plain water is preferred. How much water; two to four glasses (16-32 ounces) of cool fluids each hour is recommended. If a spectator, stand under an umbrella or wear a wide-brimmed hat to provide shade and keep the head cool. When the match is over, seek shade, rest and drink some more water!

Have fun but don't make yourself sick by not drinking enough water!