



# TEMPERATURE REGULATION

FOR INDIVIDUALS WHO DO NOT HAVE THE ABILITY TO SWEAT

## HEAT ILLNESSES

Types of heat illnesses include:

- Heat cramps: painful, involuntary muscle spasms
- Heat exhaustion: occurs in response to excessive loss of water and salt through sweating
- Heat stroke: occurs when an athlete's body temperature is at or above 104 degrees F. This is a serious medical emergency!

## SIGNS AND SYMPTOMS

Lethargy &  
Feeling Tired



Hot, Dry skin

Headache or  
Loss of  
Consciousness



## SPORT CONSIDERATIONS

- Attempt to control heat or over exposure by having practices indoors or at different times during the day
- If the temperature is too high, place the athlete in a cool, air conditioned environment
- Use spray bottles or a wet towel to the face or neck to aid in cooling
- Remove layers of clothing or pads
- Encourage drinking plenty of water



Cease exercise immediately if you suspect an athlete is experiencing a heat illness!

