



**Goal is to decrease core
body temperature below
105° ASAP**

~Cold water immersion is most
effective with water temps
between 35°F-59°F

~Ice towels placed over the
head & neck

Transport all suspected EHS
victims AFTER attempted
cooling to nearest Emergency
facility



Physical Conditioning

less fit athletes work at a higher
intensity to produce same
amount of work

Practice Modification

protective equipment adds
extra weight and is a barrier to
evaporation and cooling for the
body

Acclimatization

repeated exposure to
environment for 10-14 days
enables the body to better cope
with heat and humidity
increases

Hydration

a decrease of 2% body weight
from dehydration can affect
body's ability to regulate temp

New Trier Township High School

*TO COMMIT MINDS TO INQUIRY, HEARTS
TO COMPASSION, AND LIVES TO THE
SERVICE OF HUMANITY*

EXERTIONAL HEAT STROKE AND HEAT RELATED ILLNESS EHS



TEL: 847.784.2297



Exertion Heat Stroke is usually among the top 3 causes of death in athletes

Hydration Tips



Heat-Related Illnesses

Dehydration
to
Heat Syncope
to
Heat Cramps
to
Heat Exhaustion
to
Heat Stroke
to
Death

RETURN TO PLAY

- ◆ RTP guidelines suggest athletes may be able to resume modified activity in 1 to 3 weeks. With more severe EHS, complications can last for months or even years after the event
- ◆ Athletes should be asymptomatic with normal blood work before gradual return to activity
- ◆ All athletes should obtain a physician's clearance

Progression of physical activity from low intensity to high intensity & increasing duration in a cool environment followed by the same progression in a warm then hot environment to ensure no return of EHS

SIGNS & SYMPTOMS

- ◆ Disorientation
- ◆ Confusion
- ◆ Dizziness
- ◆ Vomiting
- ◆ Diarrhea
- ◆ Cramping
- ◆ Hyperventilation
- ◆ Hot, clammy skin
- ◆ Loss of balance
- ◆ Staggering
- ◆ Irritability
- ◆ Collapse
- ◆ Loss of consciousness

- ◆ Drink before, during, & after exercise
- ◆ Drink 24 oz of fluids per pound of weight loss during exercise
- ◆ Drink EARLY-by the time you are thirsty you are already dehydrated
- ◆ Every 10-20 mins drink 10 oz of fluid to maintain hydration during exercise
- ◆ Drink enough fluid to replace any weight loss from exercise within 2 hours
- ◆ Drink with carbohydrate concentrations of greater than 8% should be avoided Dehydration of 1-2% of body weight can negatively influence performance & greater than 3% of body weight increases the risk of heat illnesses
- ◆ Environmental temp & humidity contribute to dehydration & heat illness. Ex: a RH of 70% and a temp of 90° is very likely to cause heat illnesses
- ◆ Wear light colored, breathable, loose clothing during exercise
- ◆ Light yellow or clear urine indicates a hydrated athletes