

### Heat and Cold

Heat is always given up to cold

**Conduction** Heat given up to cold through direct contact

**Radiation** Heat given up to cold through indirect contact

**Convection** Heat given up through air/water (precipitation)

**Evaporation** Water/sweat dissipates due to air current

**Temperature Gradient** The bigger the difference between 2 temperatures, the faster the energy exchange

### Ways to Prevent Heat Illness

Cold Tubs available (if possible)

Lots of ice available

Unlimited access to water, electrolytes and shady spots to rest

### Acclimatizing to Heat Stress

**Heat Stress** High ambient temp + High Humidity

Most individuals acclimatize in 14 days

Progressive increase in intensity, duration, and amount of protective equipment

Acclimatization wears off during cooler time periods

### Heat Associated Heat Cramps

Usually start 2-3 days into practice sessions

Caused by not fully rehydrating

Common areas: calves + abdomen

**Tx:** cool them down, shade, hydrate, gentle stretch

### Heat Syncope

**High Heat Stress**

Blood pooled in the extremities

Lower pulse rate

↓ Blood in the brain

Light Headed

Once they hit the ground, they usually recover quickly

Dizzy

Seeing Stars/Spots

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Not published yet.  
Last updated 24th May, 2026.  
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