

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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