

Prevention of Heat Illness

Fluid and Electrolyte replacement

Runners can lose up to 1.5-2.5L/hr. Padded FB lose more
Hard to replace b/c it feels like you have a full stomach
Cool h₂O is best - room temp
Sports drinks $\leq 5\%$ salts and sugar = to body

Acclimation

1-2 weeks

Identifying Susceptible Individuals

High muscle mass	low muscle mass
Overweight	not overweight
Males	females

Uniforms

Light colored
Breathable
Cotton/poly
Does not cling
Dry not wet - wet clothes \uparrow humidity around athlete

Weight records

Pre and post workout weigh in's
3-5% water loss in weight is dangerous

Temp and humidity readings

Educate

Drinking water does not make you weaker
< 2% loss in bod wt impair car/vas & thermoreg. funct