



DRINK UP

Dehydration and heat stress = poor performance

Avoid heat stress and poor performance by adequate fluid replacement during your summer sport is activity.

- ▶ Playing in hot weather will result in extra fluid loss dehydration.
- ▶ Even small degrees of dehydration will cause a decrease in performance and this will occur in the late stages of a match when performance is most important.
- ▶ Dehydration contributes to fatigue and may make you more susceptible to cramps, heat stress and heat stroke.
- ▶ Children are at greater risk of heat stress.

Beat the heat using the following measures

For whom

- ▶ Players, umpires, coaches, officials, teachers and spectators.

What to wear

- ▶ Wear light clothing — light in colour, light in weight.
- ▶ Wear a hat or visor.
- ▶ Wear a 15+ sunscreen to prevent skin damage and skin cancer.
- ▶ Wear sunglasses to protect your eyes.

Drink plenty of water

- ▶ Sweat is mainly water and very little salt; salt tablets are not necessary and can make dehydration worse.
- ▶ Drink cool water — it is absorbed more rapidly than warm water. If exercise is going to continue for more than one hour, use a sports drink (a carbohydrate drink of 5-10 per cent concentration with the addition of a small amount of sodium).
- ▶ Thirst is a poor indicator; it is a late signal of severe fluid loss.

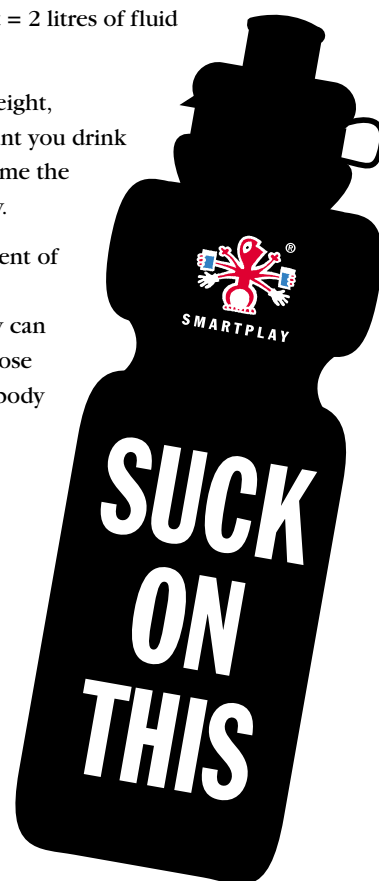
Do not wait to feel thirsty before you drink

Fluid replacement routine

- ▶ Drink 500ml (2-3 glasses) half an hour to one hour before a game.
- ▶ Drink 200ml (1-2 glasses) every 20 minutes during a game.
- ▶ Drink 500ml to 1 litre (5-6 glasses) after a game.

Assess your fluid requirements

- ▶ Assess your fluid requirements by weighing yourself before and after exercise or sport:
 - ▷ 1 kilogram lost = 1 litre of fluid lost
 - ▷ 2 kilograms lost = 2 litres of fluid lost, etc.
- ▶ If you have lost weight, increase the amount you drink throughout the game the next time you play.
- ▶ If you lose 5 per cent of your body weight, serious heat injury can occur (e.g. if you lose 3.5kg when your body weight is 70kg).



BEAT THE HEAT

Symptoms of heat injury or heat stroke

Symptoms include:

- ▶ fatigue
- ▶ nausea
- ▶ headache
- ▶ confusion
- ▶ light-headedness.

These indicate that you should stop, drink more fluids and cool down. Seek medical treatment if these symptoms don't improve rapidly.

Also remember to keep an eye on your partner or team-mates who may not realise they are suffering from dehydration or heat stress.

Take extreme care if exercising for more than 30 minutes in very hot weather (more than 34°C)

Dehydration, heat and sun injury can be prevented and should be part a player's pre-activity plan, so ...

Beat the heat

For further information

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Emergency plan

- ▶ Lie the victim down.
- ▶ Loosen and remove excessive clothing.
- ▶ Cool by fanning.
- ▶ Give cool water to drink if conscious.
- ▶ Apply wrapped ice packs to groins and armpits.
- ▶ Seek medical help.



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