

# Heat Guidelines

Attention Student-Athletes and Parents,

Our SPSV Coaches have been trained and encouraged to mandate rehydration during practices and competitions, just as they require other drills and conditioning activities.

RECOMMENDATIONS:

**Fluid replacement should be at a rate of 24 oz for every pound of body weight lost after exercise.**

- Light colored, loose clothing is suggested during activity in hot weather.
- Athletes are encouraged to wear sunscreen on exposed skin during hot, sunny conditions.
- Adequate fluid supply should be readily available at all times during activity in hot weather.
- Individuals poorly acclimatized or poorly conditioned are at increased risk for heat related illness/injury and should be monitored closely or placed on a modified participation schedule.
- Athletes having a pre-existing dehydrated state (recent fever or gastro-intestinal illness) or pre-existing heat injury are at a much higher risk for heat related illness/injury and should be monitored closely or placed on a modified participation schedule.
- Overweight athletes are at increased risk for heat illness/injury and should be monitored closely.