

TAME THE HEAT

Strenuous exercise, hot and humid conditions and dehydration can greatly impair athletic performance and raise the risk of exertional heat injury. Tell medical staff immediately if any problems occur.

KEEP YOURSELF AND YOUR TEAMMATES SAFE:

RECOGNIZE THE SIGNS

- ✓ Muscle cramps
- ✓ Reduced performance
- ✓ Unsteady movement
- ✓ Feeling confused
- ✓ Throwing up
- ✓ Feeling irritable
- ✓ Pale or flushed skin
- ✓ A fast, weak pulse

REPORT YOUR SYMPTOMS

- ✓ Raised body temperature
- ✓ Feeling nauseated
- ✓ Head pain
- ✓ Feeling dizzy
- ✓ Unusual tiredness
- ✓ No longer sweating
- ✓ Changes in vision
- ✓ Passing out

Ask a certified athletic trainer for further information.

The National Collegiate Athletic Association holds the NCAA trademark.