



## Safety Precautions for Playing in Hot Weather

You may be playing your matches in conditions you are not used to. The temperature and humidity can get quite high. If you follow the suggestions below, there is no reason why you cannot have good matches and a good time. *You may want to consider an early arrival at the tournament site in order to allow your body to become somewhat acclimated to the prevailing conditions.*

You will lose fluid from your body through perspiration. These fluids contain sodium, potassium and other electrolytes. It is necessary to replenish your body with both water **and** these electrolytes.

- All athletes should drink water before, during and after events. If you wait until you are thirsty to drink, you have waited too long!
- Drink 2-3 cups of fluid prior to play. Drinking up to 20 ounces of water or sport drink (electrolyte replacement) 30 minutes before a match can help in avoiding heat disorders.
- Bring a thermos of water with you on court and drink frequently (i.e., at every changeover), at least one cup every fifteen minutes.
- After your match, drink large quantities of fluids. It could be water, sports drink, lemonade, or iced tea with lemon. If you prefer, dilute any of these to your own taste. Water by itself may not replace the necessary electrolytes. Fresh fruits and fruit juices are an excellent source of electrolytes, with bananas and melons a particularly good source of potassium. Electrolyte replacement is easily achieved by a normal diet.
- A hat or scarf around the neck will help reduce dehydration. Wearing white really can help in hot weather. Use sunscreen!
- Preparing and using an “ice towel” seems to help a lot of players!

### SIGNS AND SYMPTOMS OF HEAT DISORDER:

1. Heat cramps: Muscle spasms, heavy sweating, fatigue, and normal body temperature.

Consult a physician if the following symptoms occur:

2. Heat exhaustion: extreme weakness, exhaustion, headache, dizziness, nausea, profuse sweating, chills and cool skin, normal body temperature, rapid pulse, sometimes unconsciousness.
3. Heat stroke: no sweating, hot dry skin, headache, nausea, confusion, staggering gait, extremely high body temperature, collapse, unconsciousness, sometimes death.

IF ANY OF THESE CONDITIONS SHOULD OCCUR:

1. Call a doctor or emergency vehicle. (Keep applying ice water continuously and generously until medical assistance arrives.)
2. Loosen the player's clothing at once.
3. Place player in a prone position (on back) in the shade.
4. Apply ice to head and body (or whatever means are available to provide cooling).