Heat Illnesses

Heat illnesses are a major concern in athletics, especially here in Tucson. Every effort is made on the part of the sports medicine team to ensure your athlete’s safety during participation. Proper acclimatization to the weather is also vital in assuring safe sports participation. Please be aware of the following heat-related illnesses, their signs and symptoms, and appropriate treatment.

*Muscle Cramps*

**S&S:** dehydration, thirst, sweating, cramps, fatigue  
**Treatment:** cease activity, sports drink, mild stretching and massage

*Heat Exhaustion*

**S&S:** normal or elevated body temp (97-104°F), dehydration, dizziness, light-headed, headache, nausea, fast & weak pulse, ↓ urine output, muscle cramps, profuse sweating, chills, cool, clammy skin  
**Treatment:** remove excess clothing, cool the athlete with ice bags/towels/fans, move to shaded area, rehydrate → 911 if symptoms do not resolve

*Heat Stroke (medical emergency)*

**S&S:** high body temp (104°F and ↑), dizzy, drowsy, irrational, confused, irritable, disoriented, seizures, loss of consciousness, dehydrated, hot & dry skin (little to no sweating), ↑ pulse rate (100-120 bpm), vomiting, diarrhea  
**Treatment:** immerse athlete in cold water tub immediately, CALL 911, monitor vitals, continue cooling during transport