

INDIVIDUAL PREPARATION FOR SPORT IN HOT WEATHER

Participating in sport during hot weather can pose a risk to your health. Before, and during extreme weather events, heat waves or hot days, consider the following:

HYDRATE

- ▶ Hydrate with water before, during and after sport to compensate for what the body loses in sweat
- ▶ Avoid excessive consumption of fluids which get rid of water from the body and lead to dehydration, such as alcohol, coffee and high sugar drinks

STAY COOL

- ▶ Avoid standing or sitting in hot environments for prolonged periods before being active
- ▶ If it gets too hot, cool down in a shaded area or in an air-conditioned area if available
- ▶ Where possible, wear lightweight clothing including a sunhat and cover your arms, legs and neck

SPEAK UP

- ▶ If you begin to feel unwell, stop activity, notify an official, coach, parent or administrator

HEAT STROKE IS A MEDICAL EMERGENCY.
CALL TRIPLE ZERO (000) FOR AN AMBULANCE.

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