

Did you know...

- > young people's exercise tolerance when performing physical activity in the heat is comparable to that of adults?
- > the longer you engage in physical activity in the heat the greater the risk of developing heat-related health problems?
- > by taking the necessary precautions, most young people can safely participate in outdoor sport activities, even in hot weather?

What is considered hot?

- > When the temperature is **30°C** or higher.
- > When the humidity level makes the temperature equivalent to **40°C** or higher.

You are more prone to heat-related health problems if...

YOU HAVE **AT LEAST ONE** OF THE FOLLOWING MEDICAL CONDITIONS:

- > Acute illness, with vomiting, diarrhea or fever
- > Cystic fibrosis
- > Diabetes
- > Heart disease
- > Hyperthyroidism
- > Sickle cell anemia
- > Overweight or obesity

YOU TAKE CERTAIN **MEDICATION**:

- > Medication for attention deficit and hyperactivity
- > Antihistamines (for allergies)*
- > Decongestants
- > Anti-inflammatories (to relieve pain)*

* When in doubt, check with a doctor or pharmacist. Don't stop taking a prescription medication or reduce the dosage without a medical re-evaluation.

ATHLETES AND PHYSICALLY ACTIVE YOUNG PEOPLE

What to do WHEN PERFORMING PHYSICAL ACTIVITY in the heat

Agence de la santé
et des services sociaux
de l'Estrie

Québec



Athletes and physically active young people should watch for heat-related health problems!

1. HEAT CRAMPS

Heat cramps are the first sign of a heat-related health problem. When they occur, it's recommended that you rest in a cool place, rehydrate yourself, and call Info-Santé (8-1-1) if needed.

SYMPTOMS: no fever; cold and clammy skin; painful muscle spasms.

2. HEAT EXHAUSTION

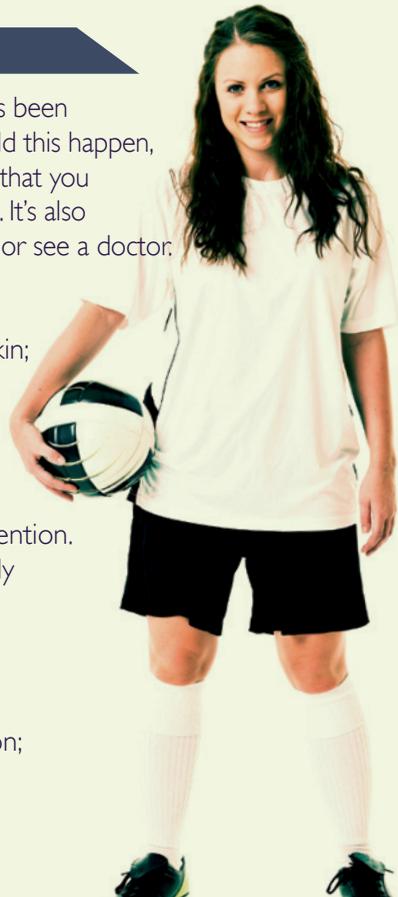
Heat exhaustion occurs after the body has been exposed to the heat for a long time. Should this happen, it's recommended you not stay alone and that you follow the same advice as for heat cramps. It's also recommended you call Info-Santé (8-1-1) or see a doctor.

SYMPTOMS: fever lower than 40°C (104 °F); pale, cold, and clammy skin; extreme fatigue; dizziness.

3. HEAT STROKE

Heat stroke requires urgent medical attention. Call 9-1-1 immediately and wet the body with cold water while waiting for the first responders.

SYMPTOMS: fever of 40°C (104°F) or higher; dry, red, and hot skin; confusion; and abrupt loss of consciousness.



When engaging in physical activity in the heat, make sure:

- **You properly prepare:**
 - Hydrate yourself before physical activity
 - Get the proper sleep and rest
 - Be in good physical condition
 - Let yourself get adjusted to the heat (gradual exposure over 10-14 days is normally required)
- **Moderate the length and intensity** of the physical exercise, if possible
- **Reduce the number of training sessions**, if possible
- **Recuperate or get enough rest** between sessions (two hours or more between two activities on the same day when it's hot)
- **Have access to fluids** or be able to hydrate yourself nearby
- **Dress appropriately**, preferably in clothing that promotes air circulation and sweating
- **Set yourself up near a cool area (shade, air conditioning)**

In addition to affecting your **performance**, dehydration may increase your risks of developing a heat-related health problem.

The best way to hydrate yourself

DRINK ENOUGH WATER

It's recommended that you drink ample amounts at regular intervals **before, during, and after** physical activity:

9- to 12-year-olds: 100 to 250 mL of water every 20 minutes

Teenagers: up to 1 to 1.5 L of water per hour

Caffeine-free sports drinks are recommended to replenish the loss of sodium (electrolytes) in sweat during lengthy or repeatedly intense physical activity on the same day.

AVOID ENERGY DRINKS, SODAS, AND JUICES

Drinks containing high sugar content aren't recommended for maintaining proper hydration because they may increase body temperature. You could dilute juices with drinking water to add flavour to the water and for better hydration.

Energy drinks aren't recommended for people involved in sports or physical activity because these drinks frequently contain high amounts of sugar and caffeine, which may contribute to dehydration.

