



Cloverdale Minor Baseball

Risk Management – Extreme Heat

Help Sheet

During our summer season please be advised that extreme heat events involve high temperatures and sometimes high humidity. Although the level of temperature extremes may vary between regions, unusually high heat can have negative impacts on people's health.

This document is not providing any form of medical direction. It is an information "sheet" to help educate our coaches and parent volunteers of the risks regarding extreme heat exposure to protect yourself and our youth athletes.

Health Risks

Our body produces heat, especially during physical activity. Hot air, sun rays, and hot surfaces also heat your body. This heat is lost by contact with cool air and by sweat production, which cools your body as it evaporates.

Weather conditions play a big role in how your body regulates its temperature. For example, if it's windy, sweat evaporates faster, which helps to cool you. High humidity slows down this process, contributing to increased body temperature.

Heat illnesses can affect you quickly and can lead to long-term health problems and even death. They are mainly caused by being over-exposed to extreme heat especially if you are doing too much for your age and physical condition. Heat illnesses include:

- heat edema (swelling of hands, feet, and ankles)
- heat rash
- heat cramps (muscle cramps)
- heat fainting
- heat exhaustion
- heat stroke



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Safety tips

Heat illnesses are preventable. During extreme heat, the most important thing is to keep cool and hydrated.

Here are some steps to protect yourself and our youth athletes in very hot weather:

Prepare for the heat

- **Tune in regularly to local weather forecasts and alerts** so you know when to take extra care.
- **Find ways to keep cool** before the hot weather starts. Shade in the way of trees, tents and tarps around the dugouts. This will help cope with the heat.
- **Have cool drinks available.** Hydrations starts the night before baseball activities. Please be vigilant in continually reminding players to drink during practices and during games (each half inning for example). Advise parents to supply ample amounts of water for each baseball event.

Pay close attention to how you and those around you feel

Heat stroke is a medical emergency. Watch for symptoms of heat illness, which include:

- dizziness or fainting
- nausea or vomiting
- headache
- rapid breathing and heartbeat
- extreme thirst (dry mouth or sticky saliva)



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- decreased urination with unusually dark yellow urine
- changes of behaviour in children (like sleepiness or temper tantrums)

If any of our youth athletes have any of these symptoms during extreme heat, move to a cool place and drink liquids right away. Water is best.

While waiting for help (parent, team manager/volunteer, 911) - **cool the person right away by:**

- moving them to a cool place if you can
- applying cold water to large areas of their skin or clothing
- fanning the person as much as possible

Stay hydrated

Drink plenty of cool liquids (especially water) **before you feel thirsty** to decrease your risk of dehydration (not having enough fluids in your body). Thirst is not a good indicator of dehydration.

- Remind players to continually drink water (message parents to supply ample amounts for any baseball event).
- Drink water before, during and after any baseball activities.

Stay cool

Did you know?

Your body is not used to (not acclimatized to) extreme heat at the beginning of the summer. If you are physically active, you are also not acclimatized if you don't exercise regularly during hot weather.



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Dress for the weather

- When not participating in game play players should wear loose-fitting, light-coloured clothing and a baseball hat.
- Coaches and youth athletes should be wearing sunglasses, make sure they provide protection against both UVA and UVB rays.
- Players should have sunscreen applied prior and during to any events.

Take a break from the heat

- During practices, take extra breaks, remove gear (batting helmets; catcher's gear including helmets) to let the body cool off and drink lots of water. For game play look at as much fair play as possible. Don't expect your usual performance in hot weather. Give everyone's body time to recover after being in the heat.

Avoid as much exposure to extreme heat when outdoors as possible

Did you know?

Sunburned skin loses its sweating efficiency. This makes it harder for your body to regulate its temperature. Ensure players have applied sunscreen either by themselves or have parents do so.

Reschedule or plan outdoor activities.

- Before heading out, check the Air Quality Health Index, if available. Air pollution tends to be at higher levels during very hot days.
- Plan strenuous outdoor activities for cooler times of the day if able.



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Avoid sun exposure as much as possible. Find or bring shade (tents and/or tarps) when possible.

- Tree-shaded areas can be as much as 5°C/9°F cooler than the surrounding area.
- Shade yourself and players by wearing a baseball hat.
- Wear loose-fitting, light-coloured clothing made of breathable fabric.
- Wear sunglasses that have UVA and UVB protection.
- Use a sunscreen with sun protection factor (SPF) 15 or higher and follow the manufacturer's directions prior to and during baseball events. **Remember** Sunscreen will help protect against the sun's ultraviolet (UV) rays, but not from the heat.

Cloverdale Minor Baseball wants to ensure that during any baseball related event(s) that everyone's health and safety is paramount as part of Risk Management. This is one facet that in providing some information may help our members be safer during upcoming heat wave(s).

Sources:

Government of Canada/Health/Healthy Living/Health & Environment/Sun Safety

Province of BC/Health Link/Beat the Heat

BC Centre for Disease Control/Heat Event Response Planning