

AVOIDING AND PREVENTING HEAT RELATED INJURIES WHILE PLAYING SOCCER



GUIDELINES

1 Avoid dehydration and make sure you pre-hydrate



2 hrs before	-----	→	500 ml of water
1 hr before	-----	→	250 ml of water
During every 15 min	—	→	125 - 250 ml of water
Immediately after	---	→	500 ml of water
1 hr after	-----	→	500 ml of chocolate milk

2 Drink at least 500 ml for every 20 lbs of body weight.

3 Drinking carbohydrate/electrolyte fluids may be beneficial in avoiding heat trauma.

4 Wearing light breathable clothing is advised.

5 Officials and coaches should be very cautious in authorizing games and practices in environments where temperature plus humidity combined are over 35 C and over. Unlimited substitution is recommended during games as is frequent fluid breaks.

WARNING SIGNS



Flushed Face



Hyperventilation



Headache



Poor Coordination