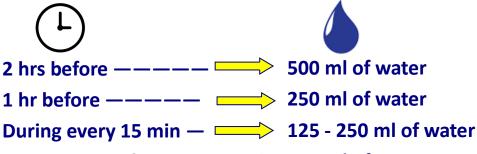
## AVOIDING AND PREVENTING HEAT RELATED INJURIES

WHILE PLAYING SOCCER

## **GUIDELINES**

Avoid dehydration and make sure you pre-hydrate



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.
- Drinking carbohydrate/electrolyte fluids may be beneficial in avoiding heat trauma.
- Wearing light breathable clothing is advised.
- 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**







