

Recently at the Speedo Series Championship Western Gold Sectionals in Bakersfield California, a number of athletes suffered from heat exhaustion. To help those athletes coming from cooler environments this list of guidelines are provided to maximize the safety of everyone.

- Hydration should begin before arriving to the meet and before each day. Sodas, caffeinated drinks (adults) and alcohol should be avoided
- Alternate salt replacing fluids with water. Too much of either may cause problems. It is suggested that a “cocktail” be used. 1/3 Gatorade PowerAde -2/3 water is recommended
- Always have plenty of water on hand. Athletes should always have a bottle of water or other hydrating fluids at all times in hand
- Avoid power drinks loaded with caffeine (red bull, etc.)
- Athletes should wear hats when in full sun
- Wear light weight loose clothing
- Stay in shade as much as possible. Be careful under canopies where the temperature may be hotter than outside the canopy
- Use ice water misters, ice cold sammys to help cool down the core temperature. You can also make an ice pack with a swim cap. Placement on the back of the neck will optimize cool down
- Limit the amount of time wearing full length suits
- Use a buddy system to remind athletes to keep cool and hydrated and to monitor each other in case of heat exhaustion
- Check on “sleeping” Athletes. They may not be sleeping
- Take frequent cool showers