

J31 Athletes and Heat

August 2009

Intro: In 2008, six student athletes died on the field because of the heat. Four were in high school and two were in college. Mayo Clinic sports medicine specialists say, while death from heat is rare, getting sick from it isn't. Here are some tips on how to keep your young athletes safe when the mercury rises.

Video

Total running time 1:28

CG :09 to :13
Todd Greguson
Coach

Audio

"BRING IT IN, GUYS"....GET
SOMETHING TO DRINK AND HAVE A
SEAT ON THE BENCH"

COACH TODD GREGUSON KNOWS
THAT HE'S GOT TO KEEP HIS
PLAYERS COOL WHEN THE HEAT
AND HUMIDITY ARE HIGH.

"KEEP THEM HYDRATED. LOTS OF
FLUIDS THROUGHOUT THE
COURSE OF THE GAME."

SPORTS MEDICINE SPECIALIST
CHAD EICKOFF SAYS WATER IS
KEY TO AVOIDING HEAT
EXHAUSTION OR WORSE YET,
HEAT STROKE. AND IT'S

CG :24 to :32

Chad Eickoff, M.A.

Mayo Clinic

IMPORTANT TO DRINK WATER
LONG BEFORE PLAYERS STEP ON
THE FIELD.

“THE DAY BEFORE, THE MORNING
BEFORE PRACTICE BEGINS. AND
MAKE SURE YOU’RE HYDRATING
THROUGHOUT THE DAY”

DURING EXERCISE DRINK EIGHT
OUNCES EVERY 20 MINUTES.

ESPECIALLY FOR PLAYERS WHO
WERE A LOT OF GEAR.

CG :40 to :45

Carter Greguson

“YOU GET DOWN AROUND IN THE
DIRT. I LIKE GETTING HOT AND
SWEATY.”

FOOTBALL PLAYERS ARE AT
PARTICULAR RISK.

NOW, IN ADDITION TO HYDRATION,

PLAYERS SHOULD GET

ACCLIMATED TO THE HEAT

SLOWLY OVER A PERIOD OF UP TO
TWO WEEKS.

“INCREMENTAL STEPS. THE FIRST
DAY YOU DON’T WANT TO DO

To Graphics:

Symptoms

- Leg cramps
- Stomach ache
- Headache
- Dizziness

Heat Stroke

- Stops sweating
- Clammy skin
- Disoriented
- Dial 911

Standup

CG 1:21 to 1:25

Vivien Williams

Reporting

THREE HOURS IN THE HEAT. YOU WANT TO DO MAYBE AN HOUR.”

THE SYMPTOMS OF HEAT RELATED ILLNESS TO WATCH FOR INCLUDE: LEG CRAMPS, STOMACH ACHE, HEADACHE, DIZZINESS. IF THIS HAPPENS GET THE PLAYER OUT OF THE HEAT AND GIVE HIM WATER. AND IF A PLAYER STOPS SWEATING, HAS CLAMMY SKIN, IS DISORIENTED GET HIM OUT OF THE HEAT, GIVE HIM WATER AND CALL 911.

“PREVENTION IS KEY. BE AWARE OF WHAT’S HAPPENING WITH THE WEATHER AND PLAN AHEAD SO YOU’RE READY FOR THE HEAT.”

FOR MEDICAL EDGE, I’M VIVIEN WILLIAMS.

Anchor tag:

Chad says heat can effect your performance, especially if you don’t have enough water. So be sure to be properly hydrated. For more information on heat exhaustion and heat stroke, visit our Website at..... [STATIONS: Per the licensing agreement, please provide a link from your station's website to <http://www.mayoclinic.org> or voice tag "mayoclinic.org" for more information.]

