Prescriptions for Prevention

Extreme Heat Safety for Athletes

Did you know?

Athletes are vulnerable to heat-related illness and dehydration particularly when they train in the afternoon.

Action Plan

- **Keep Cool**:
  - During high heat days, reschedule training to mornings or evenings when its cooler. Or, opt to train inside an indoor sports recreational facility, if possible.
  - Wear light-colored, lightweight clothing, and use sunscreen (sunburn makes it harder to cool down).
- **Keep Hydrated**: On hot days, drink more fluids than you usually would, even if you don't feel thirsty. Take frequent water breaks. Needing to use the bathroom regularly is a sign of good hydration.
- **Check the air quality index**: air quality can be poor on extreme heat days. Visit airnow.gov to view today's air quality.
- **Recognize Heat-Related Illness**: Warm skin, headaches, dizziness, muscle cramps, and nausea, shortness of breath, coughing.
  - Athletes with asthma should recognize an asthma attack due to extreme heat and stop activity.
  - Keep an eye out for these symptoms in yourself and teammates.
  - Slowly increase the length and intensity of practices early in the heat season.
  - If signs appear, stop activity and rehydrate in the shade or A/C.
- **Recognize more serious heat related illness** by clicking this link or scan the QR code:

Perelman School of Medicine University of Pennsylvania
Philadelphia Regional Center for Children's Environmental Health
NIEHS Grant: P2CES033428
Children's Hospital of Philadelphia

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Resources

Philadelphia Extreme Heat Guide

Extreme heat is not only dangerous for people and animals, but it can cause utility malfunction as well. To learn how you can stay safe from extreme heat, click this link or scan the QR code:

Philadelphia Spray grounds, Pools, etc.

To find nearby recreational centers, swimming pools, and other heat-protected activities, click this link or scan the QR code:

Extreme Heat Cooling Centers

To find nearby cooling centers, click this link scan the QR code:

Preparing for Extreme Heat

It's important to have a way to receive news during climate-related emergencies such as extreme heat. Click this link or scan the QR code to sign up for ReadyPhiladelphia alerts:

Philadelphia Heat Vulnerability Index

To view the areas in the city most at-risk of experiencing heat-related illnesses during very hot weather, scan the QR code:

For more information on the resources here or other questions, contact the Philadelphia Regional Center for Children's Environmental Health at:
215-573-9076 prcceh@pennmedicine.upenn.edu
Website: prcceh.upenn.edu

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