

What you need to do

WHEN ENGAGING IN A
PHYSICAL ACTIVITY
DURING A

heat wave



Athletes of all ages, beware of health problems related to heat exposure!

1. HEAT CRAMPS

Heat cramps are the first sign of a health issue related to heat exposure. If you experience heat cramps, stay in a cool area, drink plenty of liquids, and, if necessary, call Info-Santé at 8-1-1.

SYMPTOMS:

No fever
Clammy skin
Painful muscle cramps

2. HEAT EXHAUSTION

Heat exhaustion occurs after prolonged heat exposure. Keep someone with you and follow the same recommendations as for heat cramps. It is also recommended to call Info-Santé at 8-1-1 or to consult a physician.

SYMPTOMS:

Fever below 40 °C (104 °F)
Pale, cold, clammy skin
Fatigue
Dizziness

3. HEATSTROKE

Heatstroke is a medical emergency. Immediately dial 9-1-1 and cool your body with cold water while waiting for the first responders to arrive.

SYMPTOMS:

Fever of 40 °C (104 °F) or above
Warm, red, dry skin
Confusion
Sudden loss of consciousness

When engaging in a physical activity in warm weather, make sure you:

PREPARE PROPERLY

Hydrate before engaging in physical activities

Get sufficient sleep and rest

Get into good physical condition

Acclimate to warm weather

- **Moderate the intensity and duration of physical exercise** if possible
- **Lower the number of workouts** if possible
- **Recover properly** and get sufficient rest between workouts (in warm weather, two or more hours between activities in the same day)
- **Ensure access to liquids** to regularly quench your thirst
- **Dress appropriately** (wear clothes that facilitate air circulation and the evacuation of sweat)
- **Identify a cool area** (shade, air-conditioned room) nearby and go there between workouts.

IN ADDITION TO AFFECTING YOUR PERFORMANCE, DEHYDRATION CAN ALSO INCREASE YOUR RISK OF DEVELOPING A HEAT-RELATED HEALTH PROBLEM.

Were you aware that...?

Young people have a tolerance to exercise that is comparable to that of an adult when engaging in a physical activity in warm weather.

The longer the workout in warm weather, the greater the risk of experiencing a health problem.

By taking the necessary precautions, most young athletes can practice their outdoor sports safely, even in warm weather.

Hydrating the right way

DRINK SUFFICIENT WATER

Drink a sufficient amount of water **before, during, and after** a physical activity.

- **For children aged 9 to 12 years:** 100 to 250 ml of water every 20 minutes
- **For teenagers:** up to 1 to 1.5 l of water per hour

Caffeine-free sports drinks are recommended for replacing sodium (electrolytes) sweated out during lengthy or intense physical activity repeated throughout the day.

AVOID ENERGY DRINKS, SOFT DRINKS AND JUICE

Beverages that are high in sugar are not recommended for good hydration because they may contribute to an increase in body temperature. However, juice can be diluted with drinking water (half and half) to enhance the flavour of water and to facilitate better hydration.

Energy drinks are not recommended for the hydration of athletes because they often contain large amounts of sugar and caffeine (which eliminate liquids and can lead to dehydration).

You are more vulnerable to heat-related health problems if...

YOU HAVE AT LEAST ONE OF THE FOLLOWING CONDITIONS:

- Acute illness with vomiting, diarrhea or a fever
- Diabetes
- Hyperthyroidism
- Cystic fibrosis
- Heart disease
- Sickle-cell anemia
- Overweight or obesity

YOU TAKE CERTAIN MEDICATIONS

- Medications for attention deficit and hyperactivity
- Decongestants
- Antihistamines (for allergies)*
- Anti-inflammatory drugs (for pain relief)*

**When in doubt, speak to a physician or a pharmacist. Do not interrupt or lower the dose of your prescribed medication without first obtaining a medical reassessment.*