

Beat the Heat and keep your athletes healthy!



Heat illness during physical activity is the leading cause of serious injury and death among school athletes. Heat-related illness and death are almost entirely preventable, so it is important to establish and follow a proper heat-acclimatization program for hot weather.

Early Warning Signs of Exertional Heat Stroke

- Headaches, dizziness, confusion, and disorientation
- Excessive sweating and/or flushing
- Fatigue
- Nausea and/or vomiting
- Chills and/or goosebumps

Signs of Exertional Heat Stroke

- Core body temperature of more than 105°
- Signs of nervous system dysfunction, such as confusion, aggression, and loss of consciousness
- Rapid breathing
- Increased heart rate
- Low blood pressure
- Seizures

Before Activity

Get an accurate measurement of heat stress using a wet-bulb globe thermometer which accounts for ambient temperature, relative humidity and radiation from the sun. If the WBGT is greater than 28 degrees C (82 degrees F), an athletic event should be delayed, rescheduled, or moved.



Kestrel 5400 Heat Stress Monitor

USA-made handheld rugged, multi-function WBGT heat stress meter provides 15 environmental measurements.

.....**1031517** \$599.00 ea.



General Wet Bulb Globe Thermometer

Determines true heat stress temperature by accounting for air currents, relative humidity and solar load in addition to air temperature and relative humidity.

.....**13099** \$239.00 ea.



Extech Heat Stress Wet Bulb Globe Temperature Meter

Considers the effects of temperature, humidity and direct or radiant sunlight.

.....**91482** \$238.50 ea.

HEALTH SERVICES

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SPORTS MEDICINE

EARLY CHILDHOOD

PHYSICAL EDUCATION

During Activity—Keep Hydrated

Water loss that is not regained increases the risk for heat illness. Be prepared and ready to support your athletes' needs by stocking up on hydration now.



Gatorade Fuel and Restore Performance Package

Receive (1) case of Gatorade Thirst Quencher Powder and then choose between cups and contour bottles to complete your package. Free shipping!

..... **38212** \$75.00 ea.



Gatorade Powder Packs, Fruit Punch

Contain all the flavor, electrolytes and carbohydrates needed to help athletes stay better hydrated and turn in their best performance.

Other flavors available online.

64/case..... **38275** \$47.20 ea.



Endurolytes Electrolyte Replacement Capsules

Consistent replenishment of electrolytes optimizes performance, enhances endurance and offers superior support for the prevention of cramping, spasms, and other dehydration related issues.

120/bottle ... **38251** \$36.55 ea.



PHUEL Foam

Made with skin-safe, non-toxic ingredients. Let this be your athletes' topical muscle nutrition that enables muscle function, supports recovery, and prevents cramping from dehydration.

4 oz. **1031148** \$13.30 ea.

8 oz. **1031150** \$20.65 ea.

Emergency Heat Response

The goal is to lower the body temperature to 102 degrees F or less within 30 minutes of collapse.



Polar Life Pod

Portable water immersion device made of heavy-duty PVC.

- Packs as a bag
- Only 3 to 10 gallons of water needed to fill
- Includes portal for a temperature probe

..... **1003503** \$449.00 ea.



DataTherm II Continuous Monitor

An all-in-one solution for assessing and monitoring core body temperature.

- Leading core temperature monitor
- Flexible probe
- Can be used while athlete is immersed in water (Polar Life Pod)

..... **13119** \$319.99 ea.



Rubbermaid Cool Down Tubs

Allows athletes to get in and relax while cooling their core temperature.

300 Gallon ... **61664** \$487.50 ea.

150 Gallon ... **38284** \$327.50 ea.



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