

Extreme Heat Warnings

Given the extreme heat that is in many areas of the country during the baseball Schedule....

- Drink enough water or electrolyte drink before you work so that your urine is very light (a good indicator that you are well hydrated).
- Drink water or electrolyte drink between innings whether or not you feel thirsty.
- Take your weight before and after a game so you can have some idea of how much water weight you have lost...and how much water replacement you need. Weigh yourself in your underwear only to get a valid weight. Make sure you drink ample fluids to replace the weight loss. You should be within 4% of your pre-game weight before leaving the locker room. Weigh yourself the next morning so you have some idea if you have properly rehydrated yourself. You should be within 2% of yesterday's pre game weight to prevent dehydration. Establish a weight each week to determine the 2% and 4% calculation.
- Weigh yourself the next morning so you have some idea if you have properly rehydrated yourself.
- Consume some additional salty food (pretzels, etc.), as you are losing not only water but electrolytes as well.
- Limit the amount of alcohol or caffeine you ingest (remember that many soft drinks contain caffeine), as they are diuretics --- meaning they make you urinate more and lose water.
- If you are taking blood pressure medications or antidepressants, speak to your physician, as some medications increase the risk of heat illness.
- If you feel lightheaded, dizzy, or nauseous, please let the home team athletic trainer or physician know. If one of your partners has any of those complaints and/or begins to become disoriented or belligerent, let the medical staff know, as this sometimes indicates the beginning of serious heat illness.
- Post game chill out...cold water or electrolyte and an air-conditioned room. Remember to check your weight loss.