



## OWEN SOUND MINOR BASEBALL ASSOCIATION



### Playing in the Heat

With the heart of the summer comes warm weather. As Baseball is a summer sport, we do not cancel games due to heat warnings.

It is the responsibility of parents or guardians to make the ultimate decision as to the participation of their child in Owen Sound Minor Baseball events when heat may be a factor. Parents should take into consideration the age and physical condition of their child. Parents also have the ultimate responsibility to educate their child about playing in the heat and the need to approach it responsibly with sunscreen, proper hydration, and adequate breaks.

If for any reason a parent or guardian does not feel comfortable having their player participate in baseball activities during a heat warning, we ask that they notify their coach as soon as possible that their player will not be attending so that they can plan accordingly.

We encourage all coaches, parents and players to take the appropriate steps to prevent heat related illness. These include:

- Staying hydrated by drinking lots of water
- Wearing sunscreen to each game/practice and reapplying as needed.
- Remaining in the shade when not on the field
- Rotating catchers where possible to avoid overheating in extra gear

The human body normally cools itself by sweating. Perspiration doesn't evaporate as easily on hot, humid days, and that means the body has to work harder to maintain a normal temperature.

Coaches and parents should all watch for signs and symptoms of heat exhaustion or heat stroke and take the appropriate measures, as outlined below.

#### Heat Exhaustion Symptoms and Treatment

Heat exhaustion occurs when the body loses large amounts of water and salt through sweat. This can happen during hot temperatures when a person does not drink enough liquids. Heat exhaustion can result in heat stroke if left untreated.

Symptoms:	Treatment:
<ul style="list-style-type: none"><li>• Dizziness</li><li>• Headache</li><li>• Nausea or vomiting</li><li>• Weak pulse</li><li>• Heavy sweating</li><li>• Pale skin</li><li>• Weakness/exhaustion</li><li>• Muscle cramps</li></ul>	<ul style="list-style-type: none"><li>• Move the person to a cooler location</li><li>• Encourage the person to cool down by sponging with cool (not cold) water, swimming or taking a shower or bath</li><li>• Provide sips of cool water</li></ul>

## Heat Stroke Symptoms and Treatment

Heat stroke occurs when the body's temperature rises rapidly (to 40°C/104°F or above) and the body is unable to cool down. Heat stroke can cause death or permanent disability if emergency treatment is not provided.

<p>Symptoms:</p> <ul style="list-style-type: none"><li>• Dizziness</li><li>• Headache</li><li>• Nausea or vomiting</li><li>• Strong pulse</li><li>• Red, hot and dry skin (no sweating)</li><li>• Confusion</li><li>• Loss of consciousness</li></ul>	<p>Treatment:</p> <ul style="list-style-type: none"><li>• <b>Dial 911, this is a medical emergency</b></li><li>• While waiting for medical assistance, help the person to cool down by sponging with cool (not cold) water</li><li>• <b>Do not give the person any fluids as this may cause them to vomit or choke</b></li></ul>
---	--

**Remember, heat-related illnesses are preventable.**