

## COMPETEING IN SUN, HEAT AND HUMIDITY CROSSFIIT STYLE

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You are all preparing well for the stress of the CrossFit games. Please be aware of the dangerous combination of high heat, humidity, and exercise. Wear loose, light-colored clothing that "breathes". Hydrate sensibly. Hopefully the weather will cooperate with heavenly cool breezes! Below is an "executive summary" on overheated conditions.

### HEAT STROKE

**How serious is it?** *Heat stroke is a clear medical emergency.* Without proper and immediate response it may result in permanent organ damage and death.

**How will I recognize it?** High body temperature. Rapid pulse. Difficulty breathing. Skin red, flushed, and possibly dry. Disorientated and possibly unconscious. May occur without warning or be preceded by symptoms of heat exhaustion (see below).

**Why does this happen?** Dehydration, heat, high humidity, exercise in the sun.

**What should I do? Call 911.** Start immediate cooling in the shade. You'll need a water source (garden hose, tub of cool water) and ice packs. Remove victim's clothing, immerse in cool water or use the hose to spray with cool water. Place ice packs under armpits and groin. Fan until body temperature is 101 degrees.

### HEAT EXHAUSTION

**How serious is it?** May need medical attention for IV fluid and electrolyte replacement. May be a prelude to heat stroke.

**How will I recognize it?** Fatigue, headache, muscle cramps, dizziness, fainting, nausea, vomiting.

**Why does this happen?** Sweating, dehydration, and failure to replace lost fluids and electrolytes.

**What is the treatment?** Fluid and electrolyte replacement, rest and cooling. Be alert to worsening of symptoms (heat stroke).

### HEAT RASH (PRICKLY HEAT)

**How serious is it?** Usually resolves in a few days.

**How will I recognize it?** Small red, itchy bumps.

**Why does this happen?** Hot, humid weather along with blocked sweat glands. Salty sweat is an irritant.

**What is the treatment?** Palliative (shade, cool cloth).

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