

ACTION

Lie casualty down in cool shade

If conscious and able to swallow, give water or flavoured squashes to drink, to which about ½ a teaspoonful of salt per ½ litre (pint) has been added.

If symptoms persist seek medical advice.

FOLLOW UP ADVICE

Rest and drink plenty of fluids

Do not undertake strenuous activity for at least two hours.

FLUID SUPPLEMENTS

There are two main categories of sports drinks; fluid replacement drinks and carbohydrate (energy) drinks. However, there is often confusion about when to use each type of drink.

Fluid replacement drinks, such as Isostar and Gatorade, consist of dilute solutions of electrolytes (such as sodium) and sugars (between 4% and 8%). Their aim is to replace fluid very quickly. The addition of sugars such as glucose, fructose and maltodextrins, helps maintain blood glucose levels. Most commercial fluid replacement drinks are **isotonic** (An isotonic drink has the same concentration of dissolved substances as our body fluids) and are therefore easily absorbed into the bloodstream. Research studies have shown conclusively that regular ingestion of isotonic fluids during prolonged exercise prevents dehydration, whilst supplementing energy reserves.

Carbohydrate or hypertonic drinks are intended for consumption well before exercise commences or immediately after exercise. This is because the carbohydrate / electrolyte supplements contain increased sugar concentration that take longer to digest, resulting in a slower release of additional sugars. This will top up blood glucose levels and replenish depleted glycogen stores (as opposed to the function of isotonic drinks, which is to maintain blood glucose levels during exercise only) and maintain hydration.

Source :- Contents meet the requirements of the three voluntary aid organisations, St. Johns Ambulance, St. Andrews Ambulance Association and British Red Cross.



One of our biggest problems. We live in a hot country, but it is possible to participate in outdoor activities for the majority of the year under the correct supervision and preparation. The PE staff and school nurse are very experienced in working in these conditions and will work together to try and ensure we are not working in conditions that can effect your health and well-being. With the introduction of the Humidex for measuring relative humidity in relation to temperature, it is now possible to know when conditions outside are not favourable to take part in activities. For example, at times the temperature could be at 40 deg C, but feel relatively warm due to the low humidity. Conversely, the temperature could only be as high as 30 deg C and it feel 45 deg C because of the high humidity. The main months to be aware of are September, May and June.

Breaks are taken regularly during outdoor PE, and the number of students who do suffer from the heat is very low, and normally, upon investigation, due to either overeating at break-time, or due a lack of food, no breakfast and a low intake of fluids earlier in the day, particularly at breakfast.

Again, we stress the importance that it is your responsibility to ensure that you are prepared for activities in mind and body.

ACCLIMATISATION

The effects of overheating may be precipitated by inadequate acclimatisation. Depending on such factors as the distance travelled and the resultant fatigue, the temperature, humidity and altitude, a sportsperson may need several days to acclimatise before being ready to compete. Training has to be very carefully controlled, especially during the first few days.

EFFECTS OF OVERHEATING

HEAT EXHAUSTION

This condition is caused by failure to maintain an adequate intake of fluid or to replace lost fluid and salt from the body when undertaking activities (especially endurance events) in hot, humid conditions.

Other causes of fluid loss (e.g. vomiting or diarrhoea) will aggravate the condition.

CHECK-LIST FOR INITIAL ASSESSMENT

Are prevailing conditions likely to lead to heat exhaustion?

Is the casualty feeling sick, thirsty, light headed?

Is the casualty sweating?

Are there muscle cramps?