

STAYING COOL

Heat Management Tips for Athletes

Heat is your opponent — plan to stay cool, train smart, and keep your performance strong!

WHY HEAT MANAGEMENT MATTERS?

- Temperatures above 25 °C can reduce sporting performance, especially when humidity is high.
- As humidity increases, the temperature at which it's safe to train or race goes down.
- Sweating is your body's main cooling method, but in humid conditions sweat can't evaporate effectively, causing your core temperature to rise — even if it doesn't feel very hot.
- Dehydration, even slight, makes this worse and can quickly reduce performance.
- When air temperature is higher than your skin or sweat can't evaporate, your body can no longer cool itself, which increases the risk of heat illness

HOW TO STAY COOL?

- Stay out of the sun and look for shady places at the venue or air-conditioned rooms.
- Wear lightweight, light-coloured, loose-fitting clothing.
- Use a cold, wet cloth or spray water on your skin to cool down. Ice packs on the skin can also help.
- Drink ice-cold drinks.
- Train at cool times of the day.
- Do not hang about the race venue when you don't need to be there

STAY HYDRATED

- Drink water or fruit juice and water before, during and after training. Drink before racing.
- Avoid sports drinks high in sugar or caffeine. Too much sugar can make you more tired and too much caffeine can make you nervous, lack concentration and have difficulty sleeping.
- Keep your urine very pale yellow in colour at all time.

SIGNS OF OVERHEATING

- Tiredness or unusual fatigue
- Dizziness or light-headedness
- Headache
- Trouble concentrating
- Nausea or feeling unwell
- Hot, dry, or sweaty skin
- Rapid heartbeat or shortness of breath



If symptoms persist, seek medical help immediately.

ACCLIMATIZATION

- Allow at least 10 days to acclimatize before competing in hot conditions.
- Gradually increase training in temperatures above 25 °C, working up to about 100 minutes.
- You can wear extra layers during training to help your body adjust.
- Repeat heat sessions every 4 days to maintain acclimatization.
- Whenever possible, consult your team or doctor for safe acclimatization guidance.



More info about heat acclimatization:

