

HEAT STROKE

A survival strategy



HIGHLAND GAMES MULTIPLE WORLD CHAMPION RYAN VIERRA NEEDS TO KNOW ABOUT THE IMPACT OF HEAT ON PERFORMANCE - AND LIFE. INDEED, ANY SPORT PERFORMED IN THE SUMMER HEAT HAS POTENTIAL TO CAUSE SERIOUS HARM.

Original Research

Casa, D.J., et al.

Survival strategy:

Acute treatment of heat stroke.

Journal of Strength and Conditioning Research 20:462, 2006.

If you play sports outdoors and you live in a hot environment, then the risk of heat illness is always present. There are two types of heat illness: heat exhaustion and heat stroke. Heat stroke is the more dangerous of the two as it can cause death; it occurs where the body's core temperature climbs to a dangerous level and the body is not able to cool off. Corey Stringer, a Minnesota Vikings football player, died of heat stroke after a tough practice in the heat, and other athletes have also died in similar conditions. There are many things that can be done to reduce the risk of heat stroke: acclimatizing athletes to the hot environment (see [Football Furnace](#)), improving fitness levels (the bodies of fit athletes regulate their body temperature), scheduling practices during the coolest times of the day, modifying training sessions according to the weather, maintaining proper hydration (see [Veins vs. Mouth](#)), gradually increasing the amount of equipment, wearing the proper uniform (see [Uniform Heat](#)), and gradually increasing the volume and intensity of training sessions outside. Despite these precautions, however, heat illnesses can occur, and it is important to know what to do in the case of heat stroke.

Power Key: heat stroke, acclimatization, central nervous system