

Coaches,

Please be advised that the tournament will continue as scheduled this weekend. We are aware of the weekend temperatures and would like to remind you to come prepared to have a wonderful weekend.

Here are some helpful reminders that will help you break the heat and enjoy your tournament.

- Drink plenty of water the day before (very important) and during your game (even if you're not thirsty), wear light colored clothing, and stay in shaded areas.
- Please tell your players to avoid beverages with caffeine in it; it will only make them dehydrate quicker.
- Bring Tarps for shade, as some dugouts may not be covered.
- Bring water coolers with plenty of ice and water. Please do not depend on the concessions to provide ice for your team. Please respect the Tournament Host by not bringing in big coolers full of beverages.
- Bring cool wet hand towels to wrap around the players necks in between innings.
- If you and your team prepare for this heat, you will have a much more enjoyable experience this weekend.

If the temperatures become extreme the Umpires and Coaches are being advised to use reasonable judgment regarding heat and water breaks. We recommend taking a few extra minutes after the 3rd or 4th inning for cool down/water break. This timeout will not affect the regulation game time limits and the umpire should tell you what the new game ending time is after the break.

Know These Heat Disorder Symptoms*

SUNBURN: Redness and pain. In severe cases, swelling of skin, blisters, fever, headaches can occur. First Aid: Ointments for mild cases if blisters appear and do not break. If breaking occurs, apply dry sterile dressing. Serious, extensive cases should be seen by physician.

HEAT CRAMPS: Painful spasms usually in muscles of legs and abdomen possible with heavy sweating. First Aid: Firm pressure on cramping muscles, or gentle massage to relieve spasm. Give sips of water. If nausea occurs, discontinue use.

HEAT EXHAUSTION: Heavy sweating, weakness, skin cold, pale and clammy. Pulse can be steady and a normal temperature possible. Fainting and vomiting is also a sign. First Aid: Get victim out of sun. Lie down and loosen clothing. Apply cool, wet cloths. Fan or move victim to air conditioned room. Give/take sips of water. If nausea occurs, discontinue use. If vomiting continues, seek immediate medical attention.

HEAT STROKE (or sunstroke): High body temperature (106° F. or higher). Symptoms include hot dry skin, rapid and strong pulse, and possibly unconsciousness. First Aid: HEAT STROKE IS A SEVERE MEDICAL EMERGENCY. SUMMON EMERGENCY MEDICAL ASSISTANCE OR GET THE VICTIM TO A HOSPITAL IMMEDIATELY. DELAY CAN BE FATAL. Move the victim to a cooler environment Reduce body temperature with cold bath or sponging. Use extreme caution. Remove clothing, use fans and air conditioners. If temperature rises again repeat process. Do not give fluids. Persons on salt restrictive diets should consult a physician before increasing their salt intake.

*Produced as a cooperative effort of NOAA's National Weather Service, the Federal Emergency Management Agency, and the American Red Cross. NOAA/PA 85001 for more information on heat related information visit this website - www.nws.noaa.gov/om/brochures/heat_wave.shtml

Surviving the Heat:

Check with your doctor about medication. Some medications can make a person more vulnerable to the heat.

Drink lots of water. Don't wait until you feel thirsty to drink water. By the time you feel thirsty, your body has been in need of water for a long while. Avoid beverages containing alcohol or caffeine. They can make the effects of the heat worse instead of better. Alcohol actually dehydrates the body.

Eat small, light meals and eat often. A heavy meal diverts blood to the stomach to aid digestion when it is needed at the skin's surface to help cool the body. Eat cool foods like popsicles to help lower your body's internal temperature.

Good luck this weekend!