

SUN & HEAT

We all enjoy a bit of sunshine, but pushing our bodies, through exercise, in the heat must be taken seriously....



First REDUCE your risk:

- Speak to your doctor, or the TrailMed team if you are on medications. Some medications can increase your risk in the heat.
- Avoid sunburn at all costs. This is crucial. Our skin is our largest organ and is responsible for cooling us down. Damaging the skin through burns, reduces your body's ability to sweat, and therefore to cool down.
- Cover up, this is the best way to protect yourself from the sun. Loose clothing, with UPF protection, is often easier than sun cream. If you are sweating, the sun cream can run off very quickly.
- Remember your lips, use SPF lip balm.
- Cover your head and neck. A legionnaires type cap is a practical solution, or adapt a buff to hang over your neck. Hats and caps will keep your head cool in hot weather, a larger brim means more protection. Lighter colours reflect more rays than darker colours of clothing.
- Use electrolytes and salt replacements (which can be real foods, or sports products) to replace salt losses and increase absorption of fluids.
- Drink plenty. Losses in the heat can be up to 15L. Check the colour and volume of your urine. Aim for a good volume of a pale colour. Do not restrict drinks in an attempt to avoid a "wild wee", chat to someone if you are feeling tempted to do this.
- Treat feeling thirsty as an early sign of dehydration.

Did you know? If the air is too humid, our sweat cannot evaporate, meaning it is hard for us to cool down. Acclimatisation to hot and humid environments takes even longer. Exertion needs to be reduced, or breaks increased, accordingly for this. What's more, everyone sweats different amounts, you can book a sweat testing session with TrailMed to tailor your hydration strategy <https://www.trailmed.co.uk/shop/p/sweattest>

What are the SIGNS of HEAT INJURY?

Showing the signs, here are some ACTIONS:

EARLY:

Feeling thirsty, Dizzy, Tired,
Feeling very hot, Sweaty,
Fast heart rate.

Slow your pace. Pause in the shade. Drink lots. If you can, use some water on a buff to your neck or your cap. Often salt levels are low too; eat a salty snack. Tell the next pit stop team, so the crew know to keep a closer eye. Pause at the pitstop until you feel cheerful again!

MORE SEVERE:

Nauseous, Dizzy, Wobbly,
Excessively sweaty,
Very fast heart rate.

As above plus: take a longer break at the next pit stop. You MUST let us know if you are feeling this way. If you are not near a pit stop, consider stopping in some shade, or making some shade with a foil blanket.

SEVERE:

Uncoordinated (can appear drunk),
Slurred speech, Dry skin
Collapse/ Near-collapse.

This is an EMERGENCY. Call for help. Stop the person, lay them down and cool them down with whatever means you have. Spraying water and fanning them is a practical solution. You can use a foil blanket to protect them from the sun, and under them to shield them from the hot ground.