



A MINUTE OF HEALTH WITH CDC

Keep Your Cool

Time-Loss Heat Illness Among High School Athletes — United States, 2005–2009

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Sports can result in a variety of injuries, but the most risky part of the game is not necessarily injuries caused by collisions. Since 1995, 31 high school football players have died from heat stroke, and thousands of other student athletes are sidelined by heat-related illness every year. Most problems occur in August, when summer temperatures peak and teams are preparing for the upcoming season. To help prevent heat-related illness, coaches should give players 10 to 14 days to get used to the weather, and also ensure that they get plenty of water breaks. In addition, all athletic staff should be trained to recognize and treat heat-related illness.

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