

# BEAT THE HEAT

PREVENTION OF HEAT RELATED INJURIES

ALPINESTARS MOBILE MEDICAL CENTER

**BEGIN TODAY (FRIDAY) INCLUDES ALL RIDERS, TEAM SUPPORT STAFF, MEDIA, AND TRACK STAFF**

**HYDRATE** Drink twice as much fluids today as you would normally drink. Water is best, sports drinks diluted 50% are also good. Drink at least 16 oz per hour, more is better. Replace Electrolytes (Minerals) with sports drinks and fruit. Bananas are best, tomatoes and other citrus fruit are good. Continue drinking throughout the night. One should have to urinate at least twice between 9 pm and 6 am. If you do not drink more!!

**AVOID ALCOHOL, AND CAFFEINATED BEVERAGES (COFFEE, TEA, COLAS, AND ENERGY DRINKS**

## RACE DAY

**HYDRATE** Begin drinking as soon as you wake up, 24-32 oz per hour if possible. Combine water and diluted sports drinks.

**STAY COOL** Air conditioning is best between practices and races. Cooling Methods after practice and races include tubs, small pools, and iced towels. The core is the most important to cool as well as the head and neck.

**MECHANICS** Please have water and wet cool towels in the mechanics area for you and your rider as needed for cooling during practice and/or race

**TEAM MANAGERS** Take water with you to the managers are for yourself and your staff

## RIDERS

**PREPARE** your body prior to racing with fluids, electrolytes, and cooling methods

If you begin to get dizzy and/or nauseated during practice or the race pull into the mechanics area to get cooled prior to continuing to race.

If you have any heat related questions or symptoms, please come to the Alpinestars Mobile Medical Center for advice and/or treatment.