



COMMISSIONER'S HEAT & MEDICAL AWARENESS BULLETIN

In view of the predicted weather conditions, Commissioner Howard has directed that all players be cognizant of the potential dangers of playing in intense heat. Managers should remind their teams of ways to avoid being overcome by heat related conditions and how to recognize symptoms of heat stroke and heat exhaustion. The League is fortunate to have some medical professionals among its membership and we would encourage them to be alert for danger signs. This bulletin does not take the place of common sense or appropriate medical advice from players' own physicians.

Players should:

- 1) Bring plenty of fluids to the field, water, sports drinks, etc.
- 2) Each team should have a large cooler with ice available along with ziplock bags to make individual icepacks for players to use.
- 3) Bring towels that could be soaked in water or ice and used by players to cool off when not actually playing.
- 4) Use sunscreen or sunblock to protect skin.
- 5) Bring a charged cell phone in case of emergency.
- 6) Make available to managers emergency contact information.
- 7) Each team should have an emergency medical kits with bandages, tape and icepacks, etc. *Optional: ammonia bucket for pitchers and catchers.
- 8) At Castle Hayne field, each team should bring a large tarp or sunscreen to cover the dugout while leaving the sides open to cross-ventilation.
- 9) Consider wearing loose comfortable clothing consistent with playing the game of baseball.
- 10) Be aware of the possible symptoms of Heat Stroke or Heat Exhaustion and keep an eye out for each other, especially pitchers and catchers who may be working extra hard in the heat.

The following was taken from an article of First Aid and Emergency Care:

Heat Exhaustion

Heat exhaustion can occur after prolonged exposure to high temperatures, high humidity, or both. The person may be dizzy, tired, perspiring heavily, or vomiting and may have pale, clammy skin and/or headache.

Immediate care Move the person to a cool area and have him lie down. Loosen or remove tight fitting clothing. Give plenty of fluids such as water or a sports drink. Cool the person off in a tub or shower of cool water, with a hose, or with wet cloths.

If symptoms persist, or if the person is confused, faints or has a temperature of above 102 degrees, call 911.

Heat Stroke

Heat stroke is a life-threatening emergency. It occurs when the body's core temperature rises – and does not fall – after exposure to high temperature. The body temperature may be as high as 105 degrees. The person may feel very hot and have red or flushed skin. Sweating usually does not occur. The person's mental state may be impaired or he may be unconscious.

Immediate care Call out for someone to get help, or call 911 yourself if the person does not need immediate assistance. Place the person in a bath or shower of cool water to help bring down the temperature or use a hose or bucket to bathe the person in cool water. Continue until the body temperature drops to 101 degrees. Stay with the person until medical help arrives.

The most important thing is to have fun....safely.