

Prevent Heat Illness

1. DRINK, DRINK, DRINK- before and after tennis, drink until urine is clear.

If you are thirsty you are already **DEHYDRATED**

Drink 6-8 gulps of water & sports drink on **EVERY** change of ends **AND** regularly during practice & training (gym, fitness or running)

2. ALLOW ADEQUATE TIME TO REPLACE FLUIDS BETWEEN PRACTICE & MATCHES --minimum 2 hours

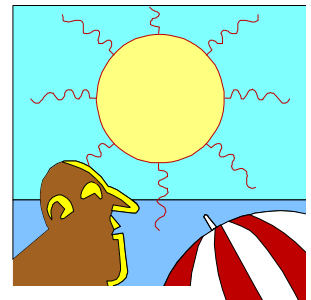
3. REPLACE ELECTROLYTES-- sodium, potassium
e.g. Sports drinks, salted foods, bananas, sports bars

4. EAT HIGH ENERGY FOOD
pastas, rice, fruits, cereals, breads, pancakes, potatoes

5. WEAR WHITE OR LIGHT COLOURS
Should be loose fitting, moisture-wicking material

6. WEAR A BREATHABLE HAT AND 30+ SUN BLOCK

7. DO NOT SIT IN THE SUN before or between playing matches & practice



9. CHANGE YOUR WET SHIRT, HAT & SOCKS

10. PLACE ICE BAGS UNDER YOUR ARMPITS AND YOUR GROIN
Use cold, wet towels around neck at end changes

11. AFTER THE MATCH, STRETCH & CONTINUE DRINKING
until your urine is clear. Continue drinking regularly overnight especially if you are playing the next day
Lying down or sitting can lead to stiffness or cramps.