



# MANITOBA CYCLING ASSOCIATION

## EXTREME HEAT GUIDELINES

With high heat temperatures across Manitoba all clubs must take precautions to ensure all members are safe. It is the responsibility of the club executive, coaches, ride leaders, and race organizers to monitor local temperatures and decide exactly which precautions must be taken- including the cancelling of any race or ride.

**Extreme Heat Activity Chart**

HUMDEX VALUE	DISCOMFORT AT REST	RISK OF OVERHEATING DURING EXERCISE	ACTIVITY MODIFICATION
Below 24C	None	Low	N/A
25C to 29C	None	Low to Moderate	Consider shorter rides, especially for young riders
30C to 34C	Some	Moderate- Athletes should be monitored	Shorter rides, longer breaks between motos, water breaks
35C to 39C	High	High- Athletes should be monitored closely	Consider cancelling racing. Practises, or easy rides only. Make sure there are shaded areas for breaks. Have plenty of water on hand
40+C	EXTREME	EXTREME	Activity Cancelled

### Preventative Measures

Where possible activities should be scheduled for cooler times of the day.

Ensure that everyone participating has enough water/hydration. Recognize that even well-hydrated athletes can be affected by heat illness.

Plan for plenty of breaks and keep rides shorter

**Other factors to consider in determining risk include, but are not limited to:**

Not being acclimatized	Fitness Level
Hypo hydration	Hyper hydration
Use of medications or supplements	Certain medical conditions (cardiac, lung)

**Early warning signs to consider include but are not limited to:**

Flushed face	Hyperventilation or shortness of breath
Headache	Dizziness
Tingling arms	Goose Bumps
Chilliness	Poor coordination
Confusing, agitation, uncooperativeness	

**Potential Risks of Extreme Heat Exposure**

1. **Heat Cramps**- these are the mildest form of heat trauma and are commonly related to low body sodium and chloride levels.

Symptoms include:

- Weakness
- muscle cramps
- collapse with low blood pressure

Treatment:

- Rest briefly and cool down
- Drink clear juice or an electrolyte-containing sports drink
- Practice gentle, range-of-motion stretching and gentle massage of the affected muscle group
- Don't resume strenuous activity for several hours or longer after heat cramps go away
- See a doctor if cramps don't go away within one hour or so

2. **Heat Exhaustion**- a more severe form of heat trauma.

Symptoms include:

- Cool, moist skin with goose bumps when in the heat
- Heavy sweating
- Faintness
- Dizziness
- Fatigue
- Weak, rapid pulse
- Low blood pressure upon standing
- Muscle cramps
- Nausea
- Headache

Treatment includes:

- Stop all activity and rest
- Move to a cooler place
- Drink cool water or sports drinks

Contact your doctor if your signs or symptoms worsen or if they don't improve within one hour. If you are with someone showing signs of heat exhaustion, seek immediate medical attention if he or she becomes confused or agitated, loses consciousness, or is unable to drink. You will need immediate cooling and urgent medical attention if your core body temperature (measured by a rectal thermometer) reaches (40 C) or higher.

3. **Heat stroke is a medical emergency! Call 911 or your local emergency number immediately** if you are caring for someone who has a high body temperature and is either unconscious or confused.

While waiting for help - **cool the person right away by:**

- moving them to a cool place, if you can;
- applying cold water to large areas of the skin or clothing; and
- fanning the person as much as possible.