



BC Amateur Baseball Association

#310 – 15225 104th Avenue, Surrey, BC V3R 6Y8

T:(604) 586-3310
F:(604) 586-3313
E:info1@baseball.bc.ca
I: www.baseball.bc.ca

Heat Related Injury Prevention

1) This is a Baseball Canada document titled, '**Avoiding and Preventing Heat Related Injuries When Playing Baseball**'. It includes education on identifying risk factors and symptoms of heat related injuries.

<https://www.baseball.ca/uploads/files/Avoiding%20and%20Preventing%20Heat%20Related%20Injuries%20While%20playing%20Baseball.pdf>

2) This is a link to True Sport's website and a page titled, '**Heat Illness: Keeping Youth Athletes Safe**'. The webpage explains the progression from dehydration, to heat exhaustion, and finally to heat stroke. Strategies for preventing, treating, and returning to play after heat illness are presented.

<https://truesport.org/hydration/heat-illness-youth-sports/>

3) This is a link to the Michigan High School Athletic Association's website and a page titled, '**Hydration and Heat Illness**'. The page identifies signs and symptoms of dehydration, heat exhaustion, and heat stroke and recommends actions for each.

<https://www.mhsaa.com/Schools/Health-Safety-Resources/Hydration-and-Heat-Illness>

4) This is a Baseball Canada publication titled, '**Play it a Shade Safer When Watching or Playing Sports**'. The one-page document focuses on strategies such as clothing and sunscreen.

<https://www.baseball.ca/uploads/files/Sun%20Safety%20EN.pdf>