



## Hot Weather Safety

OMG  
Code of  
Conduct

We all suffer in hot weather. Here are some tips to keep your body cool during pickleball play.

**[1] Stay hydrated.** Drink plenty of water and/or energy drinks *before* engaging in any activities. Take in plenty of fluids *during* the games and *between* the games. Don't wait until you're thirsty to drink. Avoid alcohol and sugary drinks as they will dehydrate your body.

**[2] Keep your body cool.**

- Bring a cooler of ice with you.
- Bring 2 wet rags with you. Keep them in a small Ziploc bag in your cooler. Interchange them between games.
- Protect your feet. Wear quality court shoes to keep the bottoms of your feet cool. Wear flip flops to the court and change into your shoes right before your play. Wear socks made of wicking material to pull sweat away from your skin and help prevent blisters.
- Use wrist bands to cool the pulse points on your wrists. On extremely hot days, place an ice cube under the wrist band or just get them wet with cold water.
- Tie a wet handkerchief around your neck.
- Wear lightweight and loose clothing.
- Wear a hat. Between games get it wet with cold water. On extremely hot days, place a few ice cubes under your hat. You might get a brain freeze, but it will feel good at the time.
- If you are really hot, wet the top of your head with cool water.
- Use a sunscreen of SPF 15 or higher (the most effective products say "broad spectrum" or "UVA/UVB protection" on their labels). Reapply as directed.



**[3] Eat "cool" foods.** *Bananas* are considered a cool food. They are rich in potassium, which aids in preventing cramps. *Cucumbers* are incredibly hydrating. Some people put them in their water. *Watermelon* can act like an internal air conditioner. Snack on it between games. *Peaches* are high in vitamin A and C. Pair *apples* with peanut butter to hydrate yourself and also to keep you energized. *Lemon* also has a cooling effect on the body and promotes detoxification. *Pineapple* is also considered a cooling food.

**[4] Pay attention to your body!** Try to limit your play activity to morning and evening hours.

If your body starts cramping, or you are drinking a lot but not using the restroom, then you need to pay attention to what your body is telling you. If you are cramping, you will need electrolyte tablets. Fresh unpasteurized coconut water is nature's best electrolyte replacement. What also works for cramping is taking mustard. Put several mustard packets in your bag—the packets that you get at fast food restaurants.

If you start feeling sick to your stomach, seeing stars, feeling disoriented, faint, or dizzy, stop immediately and get inside where it's cool. Depending on the severity of your symptoms, call 911 as you might be on the verge of heat exhaustion or a heat stroke.

**And remember...no game is worth risking your health over!**

**Display your OMG emergency contact card on the outside of your bag.**