Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Carefully read each of the following situations. For each situation, give the heat illness of type of cold stress that the athlete is suffering from. Explain how you would treat that athlete and why your chosen treatment is appropriate.

1. During a football game, you notice an athlete who is shivering and stomping his feet. It’s a Friday night in December and the low for the night is about 40 degrees with winds about 10 mph. You also notice that he is not wearing a t-shirt or clothing under his shoulder pads.
2. It’s the first week of soccer practice in early August. One of the goalies, who is slightly overweight, comes to you and complains of being nauseous, weak and looks very pale. After asking a couple of questions, he informs you that it is his first day at practice, he did not eat or drink before coming and hasn’t used the bathroom since waking up this morning.
3. You’re working an outdoor event for your high school. Your ATSA comes up to you complaining of tingling and numbness in her fingers. She is dressed pretty warmly with a coat, scarf and hat, but does not have on any gloves. It around 10 degrees and the wind is blowing about 5 mph. She has also been handling filling up water bottles for the past 20 minutes.

For each of the following, explain how to maintain homeostasis in hot and cold weather.

1. Radiation
2. Convection
3. Evaporation
4. Conduction
5. Respiration

Create two scenarios in which an athlete is suffering from a heat illness or cold stress. Be sure to include specific signs and symptoms.