



Sunburn, Heat Illness and Exhaustion

Prolonged exposure to sun can cause sunburn or skin damage at any time of the year, not just in the summer. The body produces a lot of heat when exercising. When dehydration occurs, body temperatures can rise to levels that cause heat illness (hyperthermia).

Expectations

Everyone is expected to:

- **Understand** the effects of hyperthermia (heat illness and heat exhaustion) and sunburn (see this link to British Rowing's advice ["Training sessions in the heat"](#))
- **Be prepared** for those effects if exposed to heat or sun.
- **Use** a high factor sunscreen and wear clothing appropriate to the conditions (see Introduction to Coxing / Steering online learning then click on "Online Learning" then "Coxing Steering" and then "Introduction to Coxing / Steering").
- **Carry** drinking water and remain hydrated.
- **Observe** fellow rowers and watch out for signs of hyperthermia or sunburn
- **Ensure** that they are equipped to deal with sunburn and heat illness and exhaustion.
- **Consider** rescheduling outings to cooler parts of the day.