

scottishathletics Off-Track Webinar:**Making exertional heat stroke an avoidable medical emergency****Purpose**

To educate race organisers, coaches and athletes about the increasing risk of heat stroke in a hotter climate. **This is an issue IN SCOTLAND with several cases recorded in recent years.**

**Presented by**

Cian McGinley, Performance Physiologist, **Sport**scotland Institute of Sport

**Summary**

In recent years there have been more incidences of heat stroke in endurance events in Scotland. Heat stroke can also affect athletes, coaches, officials, volunteers and spectators.

Topics covered include:

- Hyperthermia (heat stroke)
- Recognition of conditions that may lead to heat stroke
- Protocols to reduce the impact
- Treatment
- Precautions athletes should consider
- Risks race organisers can assess

**When**

Wednesday 21<sup>st</sup> May 2025 @ 7:00pm

**How**

The webinar can be signed up for via google form: <https://forms.gle/8axLX8UUwZ1vDebo9>

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