

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.

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 21st May 2025 @ 7:00pm

How

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

For more information, email angela.mudge@scottishathletics.org.uk