

LEVEL-O CERTIFICATE COURSE IN CRICKET COACHING

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Lecture 68: Beat the Heat

Hello everyone, let's talk about beating the heat. It means that during the heat, you can beat the heat. How you can beat the dehydration phase and become hydrated throughout the days whenever you are playing cricket. For instance, I am going to give you an example from, you know, 1986. When, you know, Dean Jones suffered a lot because of the dehydration. He knocked 210 runs, played by the, you know, very crucial Aussie match in India. And that was a day in Madras. Jones had to be carried out of the field and put on intravenous fluids for rehydration. So, such incidents highlight the fact that athletes not only have to do battle against their competitions but often with the environment. And amongst the various environmental hazards, heat is one of the most dangerous. The yearly cricket calendar nowadays extends well into the hottest part of the summer season, putting participants at great risk to their well-being. In our country also, the domestic matches, we have seen that after the winter and throughout the summer, so we can say throughout the year, the players are busy with their schedule to play cricket, and during the phases of summer, the nail-biting season because of the heat, they suffered a lot because of the fluid loss in their body and because of the sweating, and they have to rehydrate through water and waterless sports drinks like that. So, if players forget to drink water or sports drinks during matches, it will be very dangerous for them to play the next day. Injuries may occur in the hamstrings and other muscles as cramps. The human body maintains a core temperature within a normal range of 36.1 to 37.8 degrees centigrade by balancing heat production and heat loss. Our body produces 65 to 85 calories of heat per hour at rest. However, during physical activity, this figure may rise to between 300 and 700 calories per hour. To help our body cope with this heat, blood flow to the skin during peak exercise may increase from 5% of total cardiac output to nearly 20%, leading to greater perspiration. Evaporation of this sweat from the skin surface helps us lose about 0.6 calories of heat per millilitres of sweat formed. On a sultry day with high relative humidity, evaporation is impeded, slowing the cooling process and increasing the risk of heat-related illness. If it is a humid day and the weather is very hot, it may cause problems in your body or affect performance the same day or the next day. It should also be noted that no athlete can perform at their best in a hot, humid environment, as much of their blood supply is diverted to the skin at the expense of the

exercising muscles. Various medical complications can arise from exercising in such adverse conditions. One of these complications is heat cramps. Most athletes have, at some stage in their careers, suffered from temporary involuntary muscle spasms, often in the calf or hamstring, known as cramps. Nobody knows the exact mechanism of its occurrence, but Passive stretching of the affected muscle along the external cooling using cold towel and ice packs and rehydrating our bodies puts an end to the victim's woes. The age-old remedy of giving short tablets for cramps is now discarded, as water is the need of the hour with a pinch of electrolytes. Indeed, water is so important to sustain our lives. A drop in body water by 2% of the body weight has been shown to diminish efficiency by almost 20%. Water forms into thirds of our body weight and provides an aqueous medium from all the biochemical process to take place within. In fact, water is the most important nutrient for the sportsperson. Filling in water levels causes acute dehydration, which is characterized by dizziness, nausea, and weakness, followed by a drop in strength, coordination, and speed. Lose your hydrate phase. And you are in a dehydration phase It will disturb you a lot. From The physiological point of view A player May feel dizziness Nausea And they can feel weakness and also, they feel that, you know, there is a lack of strength in the body and correlation with speed. Why. Because of the dehydration phase It is very important to weigh oneself before and after training to measure any deficit incurred by consuming inadequate fluids. Monitoring hydration levels helps prevent chronic dehydration, which strikes many young athletes subject to long summer camps in extremely hot and humid conditions. This leads to chronic fatigue Giddiness, nausea, poor appetite and also often frequent illness. Needless to say, the performance is lacking. Ignorant coaches who deny athletes access to drinking water compound the problem. Sometimes coaches say that do not drink water during this time. It may create problems. So as a coach, you always motivate the player. So, from time to time, you should take in water into your body. Yet another method of monitoring hydration level is by checking urine colour. In well-hydrated individuals, the urine colour should always be collarless to light yellow. A dark yellow-coloured urine sample is a warning of impending dehydration. Another serious consequence of prolonged exercising in extremely hot water is heat exhaustion, characterized by weakness, dizziness, nausea, and thirst. The victim's skin is pale and moist, and body temperature is raised. He needs to be rushed to be saved and given cool water to drink as well as external cooling Using cold towels and ice packs. So during the matches, as a coach, we motivate the players to bring ice with them, cold water, towel with water. So, whenever they are in the ground, we apply that, you know, towel or the ice to their open area, that is, the face, you know, the shoulder, the arms, to make them Cool. The body. So in cricket coaching camps, among children, due to poor sweating capacity, a life-threatening emergency called heat stroke is common. We have seen on cricket grounds that players have lost their lives due to sunstroke during cricket matches or practice sessions. Due to immense fluid loss, sweating decreases, and the core body temperature may rise to about 106°F or more. Damage to the brain, kidneys,

and heart often follows, sometimes leading to death. Such patients need rapid cooling with cold packs and intravenous fluids. What precautions should a coach take to prevent this mishap. What are they. There are certain things to consider. What are the methods. First and foremost, avoid training in extremely hot conditions. In moderately warm conditions, reduce training to about 60%. Wear appropriate, cool, light-coloured clothing made of natural fibres. Prepare to play in hot climates only after gradual acclimatization, over at least two weeks. Avoid exercise during acute illness or fever. Most importantly, consume plenty of fluids to prevent dehydration. At least 10 to 12 glasses of fluids daily before competition. About two glasses of water prior to competition. A glass of water for every 15 to 30 minutes on the field. More water than your thirst permits after the event, as thirst is a poor indicator of fluid requirements. The solution to be consumed must be hypertonic and diluted with only a pinch of salt, sugar, or fruit juice added. Inactivity should not go beyond 45 minutes at a stretch. Sports drinks may be used to provide energy. It should be noted that water consumed should be cool, as about 9-degree centigrade water has the quickest gastric emptying time. Strong electrolyte solutions and carbonated soft drinks are best avoided, as they may aggravate the existing problem. Pre-cooling your body with cold towels, etc., before going out into the sun also helps to a great extent. In Greek mythology, Gallus dared the sun and faced its heat, leading to his fall. For modern-day sportsmen, it is well advised to avoid the Ikhlas tragedy. That's all about beating the heat. Thank you.