



**Brampton Soccer Club - Est. 2019**  
**One Club. One Vision. Stronger Together.**

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## **Heat Related Injuries**

There are some simple guidelines which have been prepared by the American College of Sports Medicine (ACSM) when it comes to running activities in a hot and/or humid environment. The goal in participating in hot weather is to avoid fluid loss from the body or dehydration. Educating athletes, coaches and officials is key to identifying and preventing these injuries from occurring. Read about preventing and identifying heat related injuries.