



Kingdom of Atlantia Extreme Heat Guidance for Participants

August 31, 2021



This Guidance is the work product of the Kingdom of Atlantia. It shall not be altered, modified, or changed without the permission of the Kingdom of Atlantia Earl Marshal. This Guidance may be published, distributed or reprinted in an unaltered format.

This is a resource to help adult participants engaging in martial activities make informed decisions on whether to continue, modify, suspend, or terminate martial activity due to extreme heat.

Before You Start

Discuss your martial activity with your healthcare provider:

- “I participate in a full contact sport with high intensity intervals wearing heavy equipment.”
- Show your health care provider examples of your activity with pictures of you in your equipment. (Examples in [Appendix A](#)).

Choose garments and equipment with heat in mind:

- Looser clothing of natural fibers (light cotton, linen, and silk) allow for better airflow
- Modern sports clothing (i.e., “wicking”) needs airflow to work properly
- Bring a hat to protect your head and neck from the sun when not fighting
- Ask veteran fighters about armor and padding appropriate for the season

Check weather forecast and bring appropriate resources:

- Bring a day shade and chairs or benches for you and your group
- Bring ice packs, sunblock, cooling fans, and water or sports drinks



As a rule-of-thumb, most athletes should consume 200 to 300 milliliters of fluid every

15 MINUTES
OF EXERCISE.

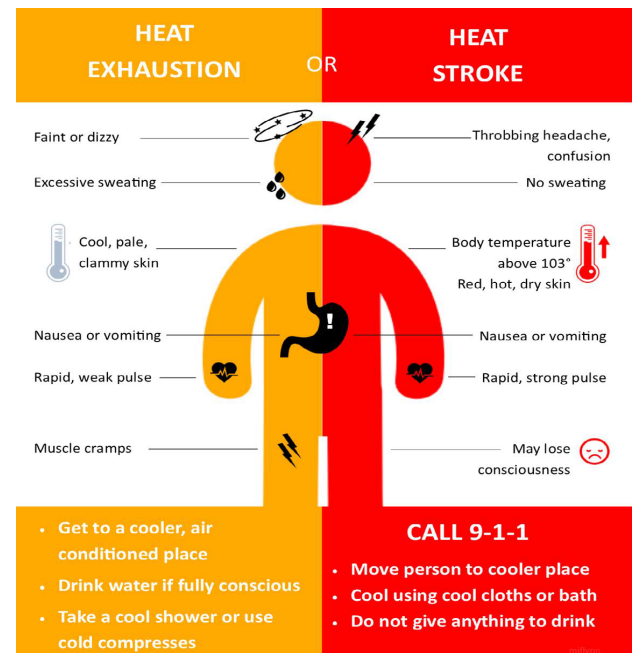
During Activity

Minimize unnecessary heat buildup:

- Rest in the shade
- Use cool water, ice packs, and fans to cool off
- Keep equipment out of direct sunlight when not in use
- Remove equipment if time allows during breaks or between rounds

Participate safely:

- Get adequate nourishment and hydration prior to and during activity
- Drink water or sports drinks throughout activity and encourage others to do so as well
- Look for indications of heat illness in yourself and friends (Signs in adjacent [Chart](#) →)
- Take breaks and rest as needed to maintain your comfort level



After Activity

- Use ice packs, cold water, and fans to cool off
- Bring your heart rate down gradually (i.e., cool down)
- Rest and recover in a shaded or air-conditioned area.
- Hydrate (water, sports drinks, etc.)
- Re-nourish (salty snacks, sport snacks, etc.)
- Give yourself extra time to recover before engaging in additional activities (e.g., walking back to camp, list field teardown, driving home, etc.)

APPENDIX A: ADDITIONAL RESOURCES:

Talking to Health Care Professionals:

- Mayo Clinic: www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/exercise/art-20047414
- Pictures of SCA martial activities: www.bogpages.com/SCA-photographs
- Videos of SCA martial activities for all disciplines are searchable on TikTok and YouTube

Hydration and Dehydration:

- Centers for Disease Control and Prevention (CDC):
www.cdc.gov/niosh/mining/UserFiles/works/pdfs/2017-126.pdf
- Cleveland Clinic: <https://my.clevelandclinic.org/health/treatments/9013-dehydration>
- U.S. Army Public Health Center:
www.benning.army.mil/MCoE/MCoE-Safety/content/PDF/Heat%20CAT%20Fluid%20Consumption%20Guide%20%202015.pdf

Preventing Heat-Related Illness:

- N.C. High School Athletic Association: www.nchsaa.org/sites/default/files/attachments/Heat%20Guidelines.pdf
- Mayo Clinic: www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/exercise/art-20048167; and
www.mayoclinic.org/diseases-conditions/heat-stroke/symptoms-causes/syc-20353581
- CDC: www.cdc.gov/disasters/extremeheat/heattips.html
- National Athletic Trainers' Association (NATA): www.nata.org/practice-patient-care/health-issues/heat-illness
- Korey Stringer Institute:
<https://ksi.uconn.edu/emergency-conditions/heat-illnesses/exertional-heat-stroke/heat-stroke-prevention/>
- National Weather Service (NWS): www.weather.gov/safety/heat-illness and www.weather.gov/grb/heat
- American Academy of Orthopedic Surgeons:
<https://orthoinfo.aaos.org/en/diseases--conditions/heat-injury-and-heat-exhaustion/>