

# CLIMATE CHALLENGES

## Sports

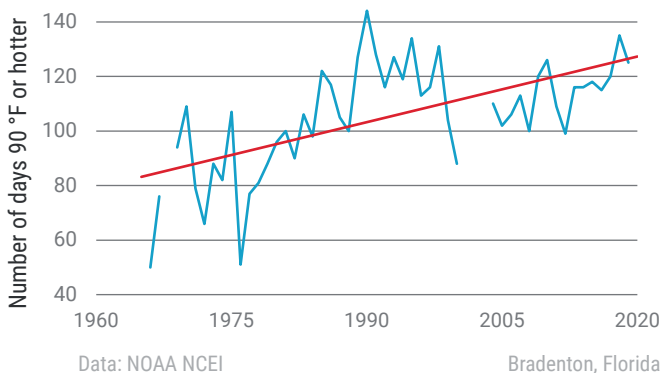
### Sarasota & Manatee Counties, Florida

Southwest Florida's subtropical climate supports individual and team outdoor sports throughout the year, including tennis, golf, track and field, cross country, baseball, football, and soccer.

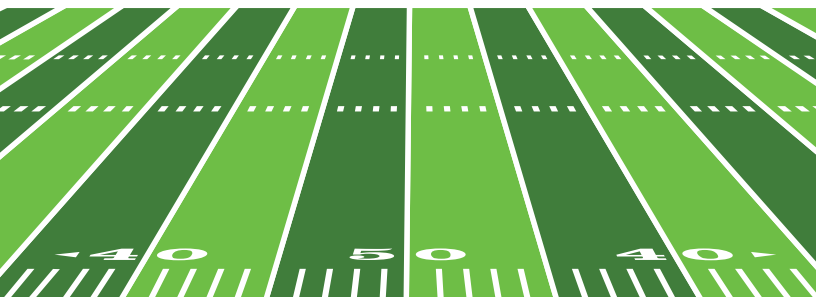


Since 1966, there are 42.5 more days a year with temperatures at or above 90° F in Bradenton, Florida. Rising greenhouse gas emissions will continue to drive this warming trend.

## MORE HOT DAYS



Rising temperatures combined with Florida's high humidity reduce the body's ability to cool itself through sweating, and increases risks of heat exhaustion and heatstroke. Heatstroke is a life-threatening medical emergency that requires immediate attention.



# CLIMATE SOLUTIONS Sports

## Sarasota & Manatee Counties, Florida

Conserving energy and transitioning to renewable energy sources will slow climate change, but we still need to adapt to warming already underway and prepare for more frequent high heat days.



*Heatstroke is the 3rd leading cause of sudden death in teen athletes.*

### Tips to prevent heat-related illness

- **Work up.** Slowly acclimate to high temperatures over weeks during training.
- **Lighten up.** Wear light colored, loose-fitting clothing.
- **Drink up.** Stay hydrated with water and electrolytes.
- **Stay up.** Schedule evening games in the summer.
- **Wise up.** Learn to recognize symptoms and how to immediately care for heat related illness.

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