

Running in sun, heat, and humidity requires that you take special precautions. Minimizing fluid loss and heat gain is essential. Some tips to remember:

- Drink water whenever possible. Water is the vital ingredient in the prevention of heat injury. Thirst is not a reliable indicator to warn a runner of fluid loss. Your body loses a considerable amount of fluid before you feel thirsty.
- Avoid caffeinated and alcoholic beverages which have a diuretic effect.
- Wear white clothing to reflect the sun's rays. Avoid dark clothing which absorbs heat.
- Run during the coolest part of the day.
- Choose a shady course.
- Run where you have access to water.
- Splash yourself with water to aid in cooling your body.
- Remove wet clothing which hampers evaporation.
- Be aware that increased humidity blocks body cooling via evaporation of sweat.
- Avoid running when relative humidity exceeds 90%.
- Avoid running long distances alone.
- Know the warning signals of heat-related problems:
 - Do not try to run through heat cramps. Stop, rest, drink water.
 - Signs of heat exhaustion are faintness, weakness, and mental confusion. If symptoms develop, stop, find shade, drink water.
 - Signs of heatstroke are decreased sweating and hot, dry skin. Stop all activity and find a means of cooling your body as rapidly as possible. Remove clothing and rub body with ice and alcohol. Seek medical treatment.
- Consider another form of exercise when adverse weather conditions make running dangerous.