

Running in Hot Weather Conditions

OVERVIEW

Running in the heat and during summer can sometimes be unsafe if the proper precautions are not followed. The following tips should be taken into account before attempting to run in hot weather conditions.

HOT WEATHER

Walking or running in the summer is possible and doesn't have to leave you feeling tired. Hot weather can often turn people away from exercising outdoors but with the proper preparation, it can be done.

Benefits of Running in Summer

We all know kids need to be active at all times of the year (that's why you have a Marathon Kids run club!). The summer is a great time to exercise for many reasons. More daylight gives kids extra time to get their recommended 60 minutes of MVPA (moderate-to-vigorous physical activity). Extended daylight hours also make running in the morning and evening much more appealing. The added sunlight also provides kids with essential amounts of Vitamin D, helping to fight certain diseases and leading to better calcium absorption and stronger bones.

How Hot is Too Hot?

According to research by the American College of Sports Medicine, the risk of developing heat illness whilst exercising is high when the temperature exceeds 85° F. Be sure to keep an eye on the weather in the lead up to your running session. The hottest part of the day is between 12-4pm and this time should be avoided on hot days.

**When looking at outdoor temperatures, pay attention to the humidity factor or the "feels like" temperature to get the most accurate idea of comfort level for your runners.*

Tips for Running in Hot Weather

Once you've determined the temperature is okay for your kids to run outside, follow these tips to keep them safe and healthy:

Stay Hydrated: Proper hydration—focus on water or natural fruit/veggie juices—is key to regulating internal body temperature. Drink fluids before exercise and periodically during exercise, instead of practicing rapid fluid replacement in the middle of exercise. Drinking at intervals will provide more adequate hydration. Having a watercooler with a tap is a good idea for larger groups.

Tips for Running in Hot Weather - Continued

Warm-Up: Refer to the warm-up activities on your Session Cards for warm-up activities and ideas, or simply have your kids walk briskly or jog for a few minutes. If you deem the weather too hot to run in during this time, don't hesitate to postpone the run or take it indoors, if possible. Explain the dangers of running in hot weather conditions and why preparing is important.

Take Breaks: Depending on the length of your run club session, it may be beneficial to take a break halfway through to head inside or under shade and have your kids cool down. Plan for a break at least every 15 minutes.

Sun Protection: Ensure kids are wearing a broad spectrum and water resistant sunscreen. Wearing protective clothing such as long-sleeved shirts, pants and hat is also very important.

Warning Signs of Heat Illness and Dehydration: These include thirst, irritability, headache, dizziness, muscle cramping, unusual fatigue, nausea, vomiting, hyperventilation, and confusion or problems walking.

Cool Down: Refer to the cool-down activities on your Session Cards for cool-down activities and ideas. Make sure to get your kids indoors or in the shade after the run. Ensure the kids replenish their bodies with lots of water.

RUNNING INDOORS

If all else fails and weather conditions truly aren't conducive to a safe environment for your runners during a particular session, it's okay to stay inside. Here are some ideas to keep indoor sessions fun and exciting:

Create an Indoor Track: Use hallways, stairwells, multipurpose rooms, gyms or classrooms to create a course. Get creative. Have your kids help choose the route. They'll love running through an area they normally are only allowed to walk in!

Incorporate Running Games: At the back of your set of Session Cards you'll find running games designed to get your kids moving, regardless of how large or how small your space is. Based on the amount of time spent playing a game, you'll be able to easily calculate how much distance your kids should color in on their Mileage Logs.