



Topics Available for Talks and Intensive Training

Talks Available

- Exertional Heat Stroke
- Heat Illness (with or without Exertional Heat Stroke)
- Hydration
- Influence of hydration on physiological function and performance during exercise in the heat
- Overview of sudden death in sport
- Top 10 ways to prevent sudden death in sport
- What we can learn from Exertional Heat Stroke and Exertional Sickling legal cases
- Parent/Athlete/Coaches guide to heat illnesses and hydration
- Maximizing elite athlete performance in the heat (Hydration, body cooling, heat acclimatization)
- Combination presentation on Exertional Sickling and Exertional Hyponatremia (Each topic is covered for 45 minutes)

Intensive Training Available

- How to: Temperature Assessment / Body Cooling
- How to: Environmental Conditions
- How to: Hydration Status

Service Options and Costs

Distance Learning Educational Services (Video Conferencing) Cost: \$300 (or 2 hour talk/30 minutes Q&A - \$400)

- Education series will consist of 75 minutes of talk/15 minutes for questions/answers

On-Site Talks (Drivable distance) Cost: \$500+expenses*

- On-Site talks will consist of a single 90-minute talk based on any of the available talks listed above

On-Site Talks (Non-Drivable distance) Cost: \$1,000+expenses*

- On-Site talks will consist of a single 90-minute talk based on any of the available talks listed above

Korey Stringer Institute Hosted Education Cost: \$500

- On-Site talks will consist of a single 90-minute talk based on any of the available talks
- Intensive hands on training session and will be 60 minutes in length based on any available training listed above

On-Site Education (Drivable distance) Cost: \$750+expenses*

- Talks will consist of a single 90-minute talk based on any of the available talks
- Intensive hands on training session and will be 60 minutes in length based on any available training listed above

On-Site Education (Non-Drivable Distance) Cost: Day 1: \$1,500+expenses*; Day 2: \$1,000

- Talks: Talks are based on the available talks listed above and will be 90 minutes in length
- Intensive hands on training session and will be 60 minutes in length and based on any available training listed above
- Each day will consist of a combination of any of 2 available talks or training listed above

Reviewing Policies Cost: On-Site (1-2 days): \$2,500+expenses*; Remotely: \$1,000

- Review of Policies and Procedures Manuals related to heat/hydration/sudden death for schools, universities and teams
- This service provides: Initial review of guidelines and policies and procedures, provide feedback on guidelines, and second review of guidelines and policies and procedures once changes have been made.

* Expenses are defined as: mileage, flight cost, food and lodging, taxi to and from site, airport parking, and tolls.

**Depending on the number of people we are servicing, we may send 2 KSI representatives, which the cost will reflect

