

# Suitability of a 26 °C Indoor Environment for Mitigating Heat Strain in Young Adults

NCT07267598

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Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Ottawa
Enrollment	10 participants

## Key Eligibility Criteria

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### Inclusion (4)

- Non-smoking.
- English or French speaking.
- Ability to provide informed consent.
- Healthy young adults without chronic disease (e.g., type 1 diabetes, hypertension)

### Exclusion (4)

- Endurance trained (i.e., engaged in regular physical training activities more than 3 times a week for more than 1 hour per session).
- Undergoing passive heat exposures such as regular of saunas, warm-water immersion, other.
- Use of or changes in medication judged by the patient or investigators to make participation in this study inadvisable.
- Current pregnancy

## Locations (1 total)

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University of Ottawa, Ottawa, Ontario, Canada