

HEAT RELATED ILLNESS CHART

<p>Under 95 degrees Heat Index</p>	<p>All activities</p> <ul style="list-style-type: none"> ▶ Provide ample amounts of water. This means that water should always be available and students should be able to take in as much water as they desire. ▶ Optional water breaks every 30 minutes for 10 minutes in duration ▶ Ice-down towels for cooling ▶ Watch/monitor students carefully for necessary action.
<p>95 degrees to 99 degrees Heat Index</p>	<p>All activities</p> <ul style="list-style-type: none"> ▶ Provide ample amounts of water. This means that water should always be available and students should be able to take in as much water as they desire. ▶ Mandatory water breaks every 30 minutes for 10 minutes in duration ▶ Ice-down towels for cooling ▶ Watch/monitor students carefully for necessary action. ▶ Helmets and other possible equipment removed while not involved in contact. ▶ Reduce time of outside activity. Consider postponing practice to later in the day. ▶ Re-check temperature and humidity every 30 minutes to monitor for increased Heat
<p>100+ degrees</p>	<p>All activities</p> <ul style="list-style-type: none"> ▶ Provide ample amounts of water. This means that water should always be available and students should be able to take in as much water as they desire. ▶ Mandatory water breaks every 30 minutes for 10 minutes in duration ▶ Ice-down towels for cooling ▶ Watch/monitor students carefully for necessary action. ▶ Alter uniform by removing items if possible ▶ Allow for changes to dry t-shirts and shorts. ▶ Reduce time of outside activity as well as indoor activity if air conditioning is unavailable. ▶ Helmets and other possible equipment removed if not involved in contact or necessary for safety. If necessary for safety, suspend activity. ▶ Re-check temperature and humidity every 30 minutes to monitor for increased Heat

TYPES OF HEAT ILLNESS:

Heat Cramps:

Some students may experience heat cramps. This type of cramp is the tightening and spasms experienced in muscle. It is often preceded by heavy sweating and large electrolyte losses, this may look like white residue on clothing or equipment.

If an student is experiencing heat cramps, he or she should stop the activity, find a cool spot to gently stretch and massage the muscle, and drink appropriate fluids like sports drinks (or salty foods and other fluids) that contain significant levels of sodium.

Heat Exhaustion:

Another type of heat illness is heat exhaustion. Conditions and signs of this problem can include profuse sweating, dehydration, fatigue, lightheadedness, rapid pulse, and low blood pressure. Body temperature may be slightly elevated. If heat exhaustion is suspected, the student should lie in a cool place with legs elevated, have cool, wet towels applied to the body, drink cool fluids, and have someone monitor their vital signs. With heat exhaustion, often the ill student feels better when he or she rests in a cool place and replenishes fluids by drinking cool liquids. Continue to monitor the student. If signs are present that the illness is severe or progressing, activate the emergency action plan. Check the student for warning signs. Call 911 or the local emergency number immediately. Have someone administer your emergency care plan.

Heat Stroke:

This is the most serious heat-related illness. With heat stroke, an student will have a high body temperature - 104° or higher - and could have red, hot, dry or moist skin, vomit, be incoherent or lose consciousness, have shallow breathing and/or a weak pulse. He or she might experience mild shock, convulsions, or a coma, and can die from heat stroke.

If he or she goes into respiratory or cardiac arrest, begin rescue breathing or CPR, as appropriate. Cool by any means possible, as quickly as possible. If necessary, medical or coaching personnel should place the player in an ice bath or "cool pool" and call for emergency medical services (EMS). Continue to cool and monitor the student while awaiting EMS.

HEAT INDEX	HEAT-RELATED EFFECTS
80-89	Fatigue
90-104	Heat cramps, and heat exhaustion
105-129	Heat cramps or heat exhaustion likely
130+	Heat Stroke Highly likely