



August 1, 2024

As we head into the fall 2024 preseason, particularly with the extreme heat we want to remind everyone that it is critical to alert all schools that this is the peak time of the year for risk of heat-related illnesses and deaths! A commitment to advanced planning and preparation are essential for ensuring the implementation of best practice prevention and management approaches that reduce the risk of death and disability.

Repeated alerts will be sent over the next few months as temperatures may fluctuate. This is not just a football issue. Any student participating in an outdoor sport or activity in the heat is vulnerable to heat illness, including participants in activities such as marching band, cheer and those players practicing in hot gyms without air conditioning.

The use of Wet Bulb Globe Temperature (WBGT) devices is a very accurate predictor to address heat acclimatization and heat illness, however if one is not available other Aps are available on most phones.

In addition to issues related to heat, **Air Quality** continues to be a problem. During times of suspected high air pollution, the Air Quality Index (AQI) should be checked prior to all practices and contests. A particular location's AQI can be found at <https://www.airnow.gov>

School administrators, athletic directors, coaches, parents and students will benefit from the following resources from the NFHS and the NFHS Sports Medicine Advisory Committee (SMAC):

[NFHS "Heat Acclimatization and Heat Illness Prevention Position Statement"](#)

<https://www.nfhs.org/media/5919613/nfhs-heat-acclimatization-april-2022-final.pdf>

[NFHS "Position Statement and Recommendations for Maintaining Hydration to Optimize Performance and Minimize the Risk for Exertional Heat Illness"](#)

<https://www.nfhs.org/media/5919614/nfhs-hydration-position-statement-april-2022-final.pdf>

[NFHS "Heat Illness Prevention" Online Course from NFHSLearn.com](#)

<https://nfhslearn.com/courses/heat-illness-prevention-2>

[NFHS "The Collapsed Student" Online Course from NFHSLearn.com](#)

<https://nfhslearn.com/courses/the-collapsed-athlete>

[NFHS "Sudden Cardiac Arrest](#)

<https://nfhslearn.com/courses/sudden-cardiac-arrest>

[NFHS "Position Statement on Physical Activity, Air Quality and Wildfires](#)

<https://www.nfhs.org/media/7212236/nfhs-position-statement-on-air-quality-april-2023-final.pdf>

OSSAA

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It is crucial that the

heat acclimatizing guidelines are strictly followed as published by the OSSAA as well as those provided by NFHS SMAC, with extra vigilance during the first 3-4 days of any transition or acclimatization period. This is the time when our students are most vulnerable to the heat.

Although prevention is our goal, it is vital for personnel to be able to rapidly identify, assess and appropriately treat exertional heat stroke. Remember, cool first and transport second.