

HEAT GUIDELINE INFORMATION SHEET

STUDENT GUIDELINES:

- Wear lightweight, loose, cool, reflective clothing.
- Wear hats or sun visors when participating in the direct sun.
- Wear sunglasses or protective eyewear.
- Avoid caffeine and high sugar, carbonated drinks.
- Bring water to drink throughout activity.
- Inform coach, instructor, and Athletic Trainer if you were recently ill.
- Avoid eating heavy, protein-rich foods prior to exercise.
- Wear sun block (SPF 15 or higher) and apply 30 minutes prior to outside activity to cool dry skin. Reapply according to directions.

FOUR MAIN HEAT ILLNESS/INJURY AND THEIR TREATMENT:

- **Heat syncope** - fainting or near fainting due to overheating.
• **TREATMENT:** *remove from practice, cool athlete, replace fluids.*
- **Heat cramps** - muscle cramps occurring during intense, prolonged activity in the heat.
• **TREATMENT:** *remove from practice, cool athlete, replace fluids.*
- **Heat exhaustion** - body temperature of 103 - 105, dizziness, disorientation, nausea, cramps.
• **TREATMENT:** *remove from practice, cool athlete - air conditioning/ice tub/cold shower/ice bags and replace fluids, notify parent or guardian.*
- **Heat stroke** - body temperature of 106 - 108, disorientation, seizures, hot and dry skin, coma.
• **TREATMENT:** *Notify EMS, rapidly cool athlete by any means available. Notify parents or guardians. Return to play after cleared by physician.*

Heat-related reactions will increase if proper treatment is delayed.