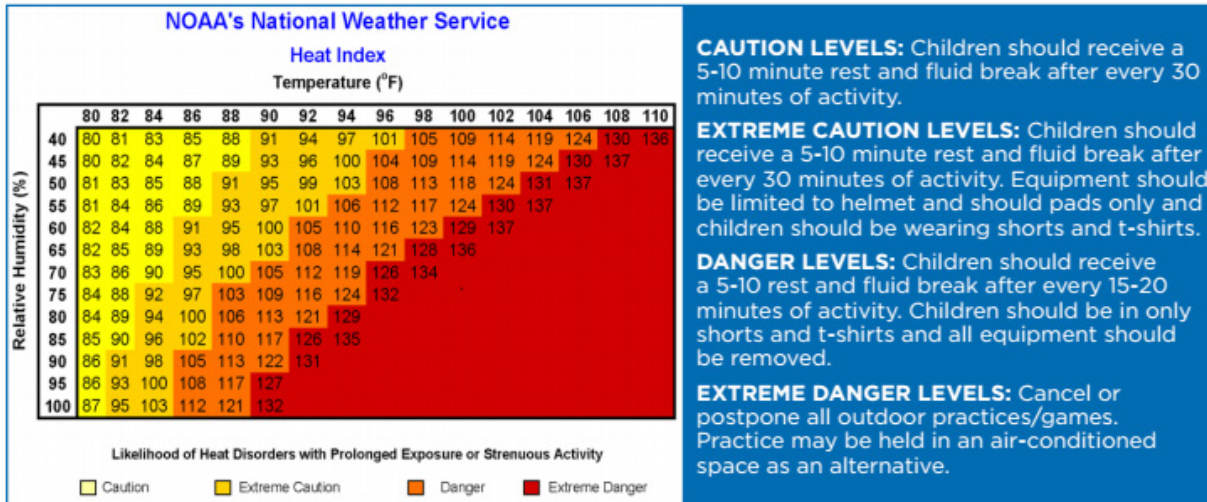




4070 Butler Pike, Ste. 100 • Plymouth Meeting, PA 19462

## HEAT



**CAUTION LEVELS:** Children should receive a 5-10 minute rest and fluid break after every 30 minutes of activity.

**EXTREME CAUTION LEVELS:** Children should receive a 5-10 minute rest and fluid break after every 30 minutes of activity. Equipment should be limited to helmet and shoulder pads only and children should be wearing shorts and t-shirts.

**DANGER LEVELS:** Children should receive a 5-10 rest and fluid break after every 15-20 minutes of activity. Children should be in only shorts and t-shirts and all equipment should be removed.

**EXTREME DANGER LEVELS:** Cancel or postpone all outdoor practices/games. Practice may be held in an air-conditioned space as an alternative.

Condition	Symptoms	What to do
Heat Cramps	Cramping (usually in legs), flushed, moist skin	Stop activity, rest, move to cool area, drink sports drinks (sugar and salt is important) and water, gently stretch cramps
Heat Exhaustion	Cramping, pale, moist skin, nausea, vomiting, headache, dizziness, fever	Stop activity, move to cool place, use cold towels, drink cool sports drinks, if unable to drink or no improvements, take to emergency room immediately
Heat Stroke Life Threatening Emergency	Warm, dry skin, headache, nausea, vomiting, confusion, rapid head rate, seizure	Move to cool place, call 911, remove excess clothes, use ice packs in groin and armpit, IF ALERT athlete may drink sports drinks

### Heat Illness Prevention:

- Acclimatize athletes in hot seasons
- Make sure athletes have plenty of water and fluids available during games and practices
- Provide enough breaks during games and practices in relation to heat
- Go to a shaded area during breaks