# HEAT

**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

**Heat Index**

![NOAA's National Weather Service Heat Index Chart](chart)

<table>
<thead>
<tr>
<th>Temperature (°F)</th>
<th>60</th>
<th>61</th>
<th>62</th>
<th>63</th>
<th>64</th>
<th>65</th>
<th>66</th>
<th>67</th>
<th>68</th>
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<th>70</th>
<th>71</th>
<th>72</th>
<th>73</th>
<th>74</th>
<th>75</th>
<th>76</th>
<th>77</th>
<th>78</th>
</tr>
</thead>
<tbody>
<tr>
<td>Relative Humidity (%)</td>
<td>20</td>
<td>25</td>
<td>30</td>
<td>35</td>
<td>40</td>
<td>45</td>
<td>50</td>
<td>55</td>
<td>60</td>
<td>65</td>
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<td>75</td>
<td>80</td>
<td>85</td>
<td>90</td>
<td>95</td>
<td>100</td>
<td>105</td>
<td>110</td>
</tr>
</tbody>
</table>

**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 | 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

**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 15-20 minutes of activity. Equipment should be limited to helmet and should 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.