

Activities should be modified or eliminated based on the measured Heat Index as specified below.

Heat Index Measurement	Guidelines for Modification of Practices
<p>Under 90°F by Heat Index</p> <p>“Green Flag”</p>	<p><b>All Sports</b></p> <ul style="list-style-type: none"> <li>➤ Provide ample amounts of water. This means that water should always be available at regular intervals and student athletes should be able to take in as much water as they desire.</li> <li>➤ Optional water breaks approximately every 15-20 minutes for 5-10 minutes duration.</li> <li>➤ Ice-down towels for cooling.</li> <li>➤ Watch / monitor student athletes carefully for necessary action.</li> </ul>
<p>90° to 99°F by Heat Index</p> <p>“Yellow Flag”</p>	<p><b>All Sports</b></p> <ul style="list-style-type: none"> <li>➤ Provide ample amounts of water. This means that water should always be available at regular intervals and student athletes should be able to take in as much water as they desire.</li> <li>➤ Mandatory water breaks approximately every 15-20 minutes for 5-10 minutes duration.</li> <li>➤ Ice-down towels for cooling.</li> <li>➤ Watch / monitor student athletes carefully for necessary action.</li> </ul> <p><b>Contact Sports</b></p> <ul style="list-style-type: none"> <li>➤ Helmets and other possible equipment removed if not involved in contact or necessary for safety.</li> <li>➤ Reduce time of outside activity. <b>RECOMMENDATION:</b> Practice should not exceed 2-1/2 hours. Consider moving practice to morning or later in the day.</li> <li>➤ Re-check temperature and heat index approximately every 30 minutes to monitor for increased risks.</li> </ul>
<p>100° to 109°F by Heat Index</p> <p>“Red Flag”</p>	<p><b>All Sports</b></p> <ul style="list-style-type: none"> <li>➤ Provide ample amounts of water. This means that water should always be available at regular intervals and student athletes should be able to take in as much water as they desire.</li> <li>➤ Mandatory water breaks approximately every 15-20 minutes for 5-10 minutes duration.</li> <li>➤ Ice-down towels for cooling.</li> <li>➤ Watch / monitor student athletes carefully for necessary action.</li> <li>➤ Alter uniforms by removing items where feasible.</li> <li>➤ Allow for changes to dry T-shirts and shorts.</li> <li>➤ Reduce time of outside activity as well as indoor activity if air conditioning is not available. Outdoor practice length should be 2 hours or less. Consider moving practice to morning or later in the day. Limited conditioning.</li> </ul> <p><b>Contact sports and activities with additional equipment</b></p> <ul style="list-style-type: none"> <li>➤ Helmets and other possible equipment removed if not involved in contact or necessary for safety. <b>RECOMMENDATION:</b> Football athletes practice in helmets, t-shirts and shorts.</li> <li>➤ Re-check temperature and heat index approximately every 30 minutes for increased risks.</li> </ul>
<p>Above 110°F by Heat Index</p> <p>“Black Flag”</p>	<p><b>All Sports</b></p> <ul style="list-style-type: none"> <li>➤ Stop all outside activity in practice and/or play and stop all inside activity if air conditioning is unavailable.</li> </ul>

**NOTE:** See *RECOMMENDATIONS FOR HYDRATION MAINTENANCE AND FLUID REPLACEMENT* for information on appropriate types of fluid replacement in addition to water.

## EXERTIONAL HEAT ILLNESS AND ON-FIELD TREATMENT <sup>vi</sup>

The following table summarizes the symptoms and specific recommended treatments. *Individual responses to heat exposure varies and people may not exactly fit the below profile, therefore close assessment of each individual is required, as some people may progress quicker to Heat Stroke than others.*

TYPES OF HEAT ILLNESS	SYMPTOMS	INITIAL TREATMENT
<b>Dehydration</b>	<ul style="list-style-type: none"> <li>• Dry Mouth</li> <li>• Thirst</li> <li>• Headache</li> <li>• Dizziness</li> <li>• Muscle cramps</li> <li>• Excessive fatigue</li> <li>• Decreased performance</li> </ul>	<ul style="list-style-type: none"> <li>• Move student athlete to cool environment</li> <li>• Initiate oral rehydration</li> <li>• Maintain hydration throughout practice with appropriate fluids (refer to Hydration Guidelines)</li> <li>• If student athlete fails oral rehydration (due to excessive nausea or vomiting) transport to medical facility for intravenous fluids</li> </ul>
<b>Heat Cramps</b>	<ul style="list-style-type: none"> <li>• Painful, persistent muscle spasms</li> <li>• Calves, abdomen predominate but may involve any muscle group</li> <li>• Not associated with pulled/strained muscles</li> </ul>	<ul style="list-style-type: none"> <li>• Re-establish normal hydration</li> <li>• Replace sodium losses</li> <li>• Stretching, relaxation or massage may help acute pain or cramping</li> </ul>
<b>Heat Exhaustion</b>	<ul style="list-style-type: none"> <li>• <b>Core temp:</b> 97°-104°F</li> <li>• Unusual fatigue</li> <li>• Loss of coordination</li> <li>• Muscle cramps</li> <li>• Nausea / vomiting</li> <li>• Profuse sweating</li> <li>• Pale skin</li> <li>• Headache</li> <li>• Dizziness</li> <li>• Hyperventilation</li> </ul>	<ul style="list-style-type: none"> <li>• Remove student athlete from play</li> <li>• Immediately move to shaded or air-conditioned area</li> <li>• Remove excess clothing and equipment</li> <li>• Measure body-core temperature</li> <li>• Cool with fans, ice towels, ice bags (armpits/groin/neck) or ice bath</li> <li>• Legs kept above heart level</li> <li>• Rehydrate orally if athlete not nauseated or vomiting</li> <li>• Monitor: Heart Rate (HR), Respiratory Rate (RR), Blood Pressure (BP), Mental Status</li> <li>• <b>Transport to emergency facility if rapid improvement not noted or athlete worsens</b></li> </ul>
<b>Heat Stroke</b>	<ul style="list-style-type: none"> <li>• <b>Core temp:</b> &gt; 104°F</li> <li>• <b>Hallmark symptom:</b> Change in mental status (confusion, irritability, altered consciousness, seizures, coma, etc.)</li> <li>• Hot and wet or dry skin</li> <li>• ↑ HR, ↑ RR, or ↓ BP</li> <li>• Other symptoms similar to heat exhaustion (see above)</li> </ul>	<ul style="list-style-type: none"> <li>• <b>THIS IS A MEDICAL EMERGENCY</b></li> <li>• <b>Activate 9-1-1, delay can be fatal</b></li> <li>• Aggressive and <b>immediate</b> cooling (see above) while awaiting Emergency Medical Services. Removal of clothing and immersion of torso in ice bath is most effective.</li> </ul>